

# Listen!

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## Supporting parents' communication choices

The Elizabeth Foundation has always supported the decisions that our parents make when choosing the best ways of communicating with their deaf child and helping their child learn to communicate. Responding to feedback from our beneficiaries, and following on from many discussions with the families who use our charitable services, we have recently launched new instruction for parents in British Sign Language (BSL).

### Each child has unique needs – and so does their family

A baby's communication journey starts from the moment of birth, and his or her parents are the first in line to positively influence progress.

Babies use sound, gestures, movements, facial expressions and touch to communicate, and will often be looking for a response. Parents need to know and understand this, be able to 'read' the communication cues coming from their baby and be able to provide an optimal communication environment at home.

Every parent needs to feel comfortable with and confident in their skills and knowledge in order to bond with and support their baby, regardless of which method or methods of communication they choose. (Continues over...)



## A variety of communication approaches

The best communication approach for any deaf child and their family is the one which works for them, fitting in with their culture and values, and allowing the child to develop good self-esteem and positive self-image.

There is no single approach that is 'right' for all families. Instead, there are a variety of communication options to choose from: sign-based, listening-speaking based, and / or a combination of the two.

At The Elizabeth Foundation we are committed to a multi-sensory oral approach. Using this approach, we aim to engage all of a child's senses with learning activities that help them develop their listening, language, speech and communication skills.

## Supporting each family's individual choice

We recognise that many families may also wish to use sign language with their child. In our experience, the two approaches can work well together.

Our methodology supports the use of signs and gestures to identify what a young child needs or wants, eye contact (or eye gaze), visual cues, facial expression, body language, natural gesture, and increased focus and attention over time. This naturally complements the use of sign language and spoken language.

Research evidence also shows that learning sign language does not interfere with or preclude the development of spoken language, and can act as a bridge to talking.

## Supporting parents who chose signing

Most of our readers will have noticed the considerable national attention around British Sign Language (BSL) recently. From actor Rose Ayling-Ellis highlighting deaf awareness

on *Strictly Come Dancing*, to the landmark British Sign Language Bill, recognising BSL as a language of England, Wales and Scotland.

All of this is very positive for deaf children and their families. However, parents of children attending our services continually report difficulty in finding both BSL instruction and specialist spoken language support for their family. For parents who want to learn signing to use with their child, any BSL instruction they are able to find is often expensive, rendering it unaffordable to many families.

## Existing options for learning to sign

All of the children who attend our services benefit from our embedded oral (spoken) methodology.

Around one half of our families are also learning sign language outside of our programmes. This usually takes the form of short course of 10 sessions with a local professional in the home or online. In most cases the existing support only focuses on key signs, rather than recognised British Sign. These parents tell us that with their finances being increasingly stretched, they are often unable to extend their resources beyond this initial course.

The remaining 50% of our families have either chosen not to use signing, or have been unable to access existing instruction, or, in many cases, simply cannot afford to do so.

## Introducing our new sign language courses

Responding to feedback from our beneficiaries and ongoing discussions with families, we decided to provide additional support to parents enrolled in our programme by introducing new sign language instruction.

We have started a one-year trial to provide parents who attend our nursery programme the opportunity to complete a Level 1 British Sign Language (BSL) course to extend their

and their children's communication choices and to improve speech and language outcomes.

Our aim is to give parents and carers the confidence and the ability to have everyday conversations with their child using BSL alongside spoken language, visual cues and natural gestures.

## Signature-accredited BSL Level 1 Qualification

Our sign language course is being provided by a Signature-qualified instructor, leading to a Signature-accredited BSL Level 1 qualification upon completion. Signature is the main awarding body for British Sign Language in the UK. Our instructor formerly taught as a qualified Teacher of the Deaf at The Elizabeth Foundation, so she has detailed knowledge of our programme and how we can link sign language to the oral / aural work. This will ensure the signing works in partnership with the spoken language development.

The course is being delivered over a year to a class of 12-14 people through 26 online sessions.

## Continuing provision into the future

In January 2023, the initial cohort of parents started on our first course, and early feedback has been extremely positive. Indeed, the trial course has already been going so well that we are now actively seeking funding to continue offering our new BSL courses beyond the trial period. We look forward to reporting back in future publications.

**"We've been using signs with our son as we've learned them and, whilst he's still much more receptive than productive, it was lifesaving to be able to sign to him and ask questions or tell him what was going on and he'd happily respond back in [spoken] English."**

**"Thank you so much for your time last night – I absolutely loved it. I had the whole family signing this morning which was really sweet."**

**"Thank you so much for teaching me BSL. My son has not been able to wear his processors due to chicken pox placement and it's been a lifesaver to be able to have some basic communication with him in BSL."**

# Chief Executive's Message

Listen! | Spring / Summer 2023

**W**elcome to our Spring / Summer 2023 Listen! Newsletter, keeping you up to date with all our news here at The Elizabeth Foundation.

Our cover story highlights a new service that we are now able to provide to parents of children attending our Family Centre.

Whilst we continue to focus on the development of listening and spoken language skills, we know that many of the parents who come here also wish to use sign language as part of their communication methodology. Over the years, we have found that the two approaches can – and do – complement each other.

We understand that each family makes their own choices about the mix of communication methods they use with their child, and to what extent they wish to complement spoken language with signing.

We always strive to improve our services by responding to feedback from our beneficiaries and their families. So, when parents of children in our nurseries told us about the difficulties they were facing in finding cost effective sign language instruction, we knew we had to respond.

We decided to find a way of providing additional support to our families in the way of sign language instruction. We put forward the need for this service to funders and were successful in securing grants to cover the costs of launching the new service featured in our cover story.

At the start of the year we were delighted to start offering our first Level 1 British

Sign Language (BSL) course for parents of children who attend our services. This will enable those parents who wish to do so, to use signing to support their children's spoken language development.

I want to assure our supporters that we are not changing anything about our methodology. As such, we continue to be an oral / aural programme for deaf children.

Our commitment to parents means that we will always respond to their ever-changing needs. I am sure you will agree that our new signing course is a positive step in meeting the needs of the families.

Never ones to rest on our laurels, we continue to grow and develop all our services for families of deaf children. You can read more in the next pages.

Of course, with that growth and development comes the need for more funding. You can read about our range of activities to fund our services on pages 9-12.

With current challenges faced by people everywhere, we are so grateful to all our supporters for their continued commitment to The Elizabeth Foundation.

We would not be able to do our work, improve our services, and reach even more beneficiaries without your never-ending presence in every aspect of our work.

Thank you for always being there for us, as we continue to support young deaf children and their families.

**Julie Hughes,**  
**Chief Executive**

## The difference we make

In December 2022, we published our Impact Report 2021-22. It covers the period from August 2021 to July 2022, encompassing our entire 2021-22 school year in our nurseries.

If you'd like to read it, you can download the Impact Report 2021-22 from the news section of our website at [www.bit.ly/TEFImpact2022](http://www.bit.ly/TEFImpact2022). Alternatively, if you'd like to receive a printed copy please contact us.



## Working together

The Elizabeth Foundation operates on the theory that “together we are stronger.” With that in mind, we have continued to foster partnered working in a variety of ways:

- we work with the NDCS to provide information and parent education sessions
- we present at BATOD conferences, working in partnership with Teachers of the Deaf across the UK
- we host Professional Days at our Family Centre in Hampshire, sharing our work and collaborating with professionals to enhance closer partnerships
- we regularly mentor students and over the past year we have hosted three Speech and Language Therapy students from the University of Reading (two second year students and one fourth year for her last ever placement before graduating!), one Training Teacher of the Deaf and one Psychology student
- we continue to work with the Audiology and Ear, Nose and Throat (ENT) Departments of Portsmouth Hospitals University NHS Trust, as well as the University of Southampton Auditory Implant Service
- we collaborate with the Cochlear Implanted Children’s Support group (CICS) and support each other’s respective work
- we attend ‘virtual’ sensory team meetings across the country, to share resources and information
- we attend school assemblies to educate students about deafness and provide resources to schools to foster ‘deaf-friendly’ communication.

## Enabling research studies

High quality and reliable research evidence is a crucial foundation for effective intervention services for preschool deaf children. Because we know that our services depend on research evidence, we are always happy to support appropriate research studies. Currently, we are providing on-going assistance for two research teams.

The Elizabeth Foundation is so pleased to support the research study 'Using the GAPS to identify preschool deaf children at risk of later literacy difficulties' led by Dr Fiona Kyle, Dr Ros Herman and Dr Kathryn Mason.

Presently, there is limited research and focus on the early preschool building blocks to deaf children’s literacy. This is despite the fact that many deaf children struggle to learn to read and lag behind their peers in their literacy skills. We have recently been asked to continue this collaborative partnership by providing support to the next steps for this study, looking at variation in reading progress in deaf children. Both of these studies will have important implications for literacy development for deaf children.

Additionally, staff at The Elizabeth Foundation continue to contribute to the Development and Testing of the EPID Tool: Early Parent Interaction in Deafness. The quality and quantity of parent interaction will predict their deaf child’s future language abilities because early parent interaction positively impacts on child language development. The Elizabeth Foundation is proud to be able to contribute to the research necessary for the development of this tool, led by Clinical Doctorate Research Fellow, Martina Curtin.

## New resources

### Parent education – numeracy

The Parent Education section of our website provides resources providing information and advice for parents about the development of deaf children, with a particular focus on their listening, speech and language.

We have recently published a new resource about 'Maths in an Early Years Reception Class'. In this 13-minute presentation, Teresa McCabe, Teacher of the Deaf, explains what to expect in terms of maths and number in an Early Years Reception Class, and how to prepare your deaf child prior to their start at school.

You can watch the presentation at: [www.bit.ly/TEFparentED](http://www.bit.ly/TEFparentED)

### Teaching resources – the ear, deafness and deaf awareness

We are pleased to share a set of new teaching resources on the human ear, its structure and function, causes of deafness and deaf awareness. These are aimed at students in Year 9 and fit within the Science curriculum. They could also be used for any group throughout KS3 and KS4, probably as part of a PSHE curriculum.

The teaching resources were developed by Michelle and Jeremy Rayne – whose children have recently attended our preschool services. Jeremy is a teacher, and has piloted these resources in Year 9 lessons.

Michelle and Jeremy say:

**“We have created these resources as we wanted to help The Elizabeth Foundation in their quest to raise deaf awareness. Improving awareness and understanding of deafness will benefit not only our daughters but all children and young people living with hearing loss.”**

This set of resources is designed to help support the teaching of Deaf Awareness to secondary age children. Lessons can be altered to suit either timetabled PSHE lessons or to fit shorter tutor-based sessions. We have included some guidance on how the resources could be used but the resources have been designed to be used as teachers see fit.

Download the teaching resources at [www.bit.ly/TEFteaching](http://www.bit.ly/TEFteaching)



The face-to-face services we provide at our Hampshire Family Centre offer families practical advice and specialist input to promote their children's language and listening skills, alongside emotional support from our team and other parents.

## Baby groups

In our weekly baby sessions, parents have been learning about strategies that they can use at home – little tweaks, we call them – that will support their baby's listening and early language development in natural ways.

It's not about finding time to do 'special' activities. Instead, parents have been shown how to support their baby's communication in everyday routines such as playing, singing, feeding, nappy-changing, bathing, bedtime routines, etc.

During the sessions, parents have also been learning about the different areas where they need to make decisions – such as technology, communication methods, listening skills, and so on. At the same time, they have also been able to build their support network through meeting other parents of deaf children.

## Toddler groups

In the weekly toddler sessions, parents have been learning strategies to develop their child's focus and attention for learning. This is no easy task in a room of children who are 1½ to 2½ years old!

The sessions have focused on mentoring parents to use everyday routines and items to build their child's language and communication. A sound walk around the home is very exciting, as is a walk around the neighbourhood to talk about the different types of houses.

The 'all-day, every-day' can be very effective and, certainly, our team make every effort to ensure parents feel comfortable and confident supporting their deaf child's blossoming communication skills.

## Preschool groups

Our preschool focus is on school-readiness, preparing children for entry into reception class.

During the past year, we have been able to get back out into the community. This offers so much opportunity for learning ... and fun!

The children have gone shopping at our local Tesco superstore; they visited the dentist and had a check up; they visited the local fire station; and the local police came to us. With visits to audiology and the cochlear implant team, the children have been very busy!

As with all of our services, parent support goes along with the learning and development. Parents continue to have to make many decisions on behalf of their child.

Whilst their children are in the preschool, the parents have regular opportunities to meet with their child's teaching team. They can

also receive – and provide – parent-to-parent support in our designated parent room and observation areas.

## Speech and language therapy

As well as delivering one-to-one therapy sessions for children and supporting parents, our Speech and Language Therapists have been busy with Education, Health and Care Plan (EHCP) season; writing EHCP reports and attending co-production meetings to determine how best to support our students once they start school.

We have continued working hard on our outreach services, aiming to find new and better ways to reach those who cannot access our core services. This term we have:

- delivered training workshops to parents on 'Connection and communication'
- sent out a survey to parents on which topics they would value most for further sessions
- run monthly 'Listen groups' to support children with unilateral or mild losses and their parents
- started creating more 'Top tips' training videos to publish on our website

Further to the bilingualism project which started last year, the speech and language

therapy team have also delivered training on bilingualism to our colleagues in audiology to ensure that all bilingual children and families who access our services are receiving the same messages around the importance of maintaining their home language.

## Listen groups

Our monthly Listen group sessions have been providing parents with advice, guidance and information about listening and early communication. At the same time, they have provided the children with a variety of fun and engaging activities to enjoy whilst learning some really important foundation skills for communication.

Throughout these sessions, we use music as a platform for learning and we engage all the senses in fun, everyday musical activities that parents can do at home with any siblings as well. All the information and activities are meant to support young children with varying degrees of deafness to build strong listening skills and confident communication skills.

Our speech and language therapy team also supported some new Listen sessions for older children, with a focus on clear speech. This pilot programme received very positive feedback from all involved.



# Let's Listen and Talk celebrates supporting over 1,000 families and professionals

In Autumn 2022, we passed the milestone of more than 1,000 subscribers on The Elizabeth Foundation's unique online learning and support programme Let's Listen and Talk.

Let's Listen and Talk (available at [www.letslistenandtalk.org](http://www.letslistenandtalk.org)) is a crucial element of the support The Elizabeth Foundation offers to deaf children across the UK, their families and the professionals involved in their care. This innovative online service complements the face-to-face preschool provision the charity provides at our Family Centre in Hampshire. The programme provides information, advice and tailored guidance to parents, carers and professionals supporting young deaf children from birth to 5 years.

## An increasing impact

Enrolment on the Let's Listen and Talk programme has significantly grown since The Elizabeth Foundation waived subscription fees three years ago in March 2020 in response to the first pandemic lockdown.

Since then, the number of subscribers has increased more than tenfold. At the time of writing, we have over 1,100 people enrolled on the programme – nearly 700 families and over 400 professionals.

We continue to have a steady increase in our enrolment as more people hear about this resource and the many ways it can be used.

## Nationwide support

Let's Listen and Talk has a truly national impact, with users located all across England, Scotland, Wales and Northern Ireland (as shown on the map).

Alongside families of deaf children, a wide range of professionals involved in their care are also using this online programme. They include Teachers of the Deaf, Speech and Language Therapists, Audiologists, and Nursery staff.

## New music resources

The new Toddler Songs section of the 'Learning through music' resource is now available for free to Let's Listen and Talk subscribers.

Building on the success of the Baby Songs section launched in 2021, the new Toddler Songs section provides 10 songs to promote language and listening skills for deaf toddlers (aged from around 1½ to 2½ years).

We are developing the 'Learning through music' resources in conjunction with the expert creators of the BabyBeats™ programme. The resources provide songs that families can use at home with their young deaf children to help develop their communication skills.

We are currently working on the further 10 songs in the Preschool Songs section.

## Welcoming Katie

In August 2022, we welcomed Katie Tufnell as Lead Professional for the Let's Listen and Talk programme.

Katie supported our written correspondence course many years ago and has lots of ideas, motivation and enthusiasm to take the programme forward ... as well as practical experience as the parent of a deaf child.

We have been very busy meeting online with teams of professionals across the country – sharing the resource and learning about the different ways it is being used by families and professionals alike.

**"I have been impressed with the online materials and info, especially the option of captions on the video clips and the way the information is structured and explained, makes it very accessible to parents and professionals."**

Professional

**"I find the programme amazing! Thanks. I always invite parents to register and look at it, as it is a great source and has meaningful videos and easy access to crucial information."**

Professional

## We need your feedback!

Katie has been busy organising focus groups to get feedback on Let's Listen and Talk.

Whilst we love hearing about the positive ways people are working through the material, it is also useful for us to have constructive feedback from users so that we can continue to update, add to and improve the programme.

With that in mind, we would like to put out a plea to anyone reading this who has used Let's Listen and Talk to please send us any feedback.

We are working hard to keep the resource free of charge and your feedback helps us report to funders about the impact of their support.

So please, please, please, take a few moments to email your feedback to [letslistenandtalk@elizabeth-foundation.org](mailto:letslistenandtalk@elizabeth-foundation.org)



Red markers – families  
Green markers – professionals

**"I think the course is really beneficial. I have been using it as reassurance tool to know we are doing everything we can to support our son with his speech and language, and listening skills. The games are really good and easily adapted to my child's interests and I am looking forward to starting the music section as my son loves music!"**

Parent



## Coming soon to a screen near you!

We are always looking for ways to add value to our in-house marketing resources so we can better highlight the charitable services and facilities we offer to deaf children – both at our Hampshire Family Centre and all across the UK.

Looking for advice and inspiration, our Deputy CEO, Karen approached local firm Solent Sky Services. This award-winning multimedia company create outstanding video materials using ground camera equipment and small drone cameras.

Solent Sky Services leapt to work, helping us to identify key elements of our services, facilities and talented team members to include in new and engaging video content.

Their production team led by Michael Sanders Woods and Sara Woods have worked with us to develop films featuring our children, parents, staff and our Chair of Trustees.

We still have some more content to plan, film and edit, but are absolutely thrilled with

the results so far! Keep an eye on our social media during 2023 to see the videos for yourselves!

**“The Elizabeth Foundation initially reached out to ask if we could fly drones safely close to the children. After careful research with their specialists, it was agreed our drones wouldn’t interfere with their hearing technology.**

**“We’ve been working pro bono with the team at The Elizabeth Foundation to produce a series of videos to educate viewers about the amazing work they do and help raise more awareness and funds for their charity.**

**“It’s been a heart-warming experience and we’ve enjoyed every second working with them.”**

Solent Sky Services

## Staff news

### Teaching team

Aimee Wilson is our new Teacher of the Deaf here at The Elizabeth Foundation.

She has taken on this role after successfully completing her Teacher of the Deaf training, including spending some time in our classrooms. Aimee teaches four days a week – Mondays, Tuesdays, Wednesdays and Thursdays.

Aimee is joined in our teaching team by Jess le Pla, who has taken on a role as a Nursery Assistant.

### Volunteers

Our wonderful volunteers make a massive difference in all areas of our work. We would like to welcome Louise Richards and Derek MacFarlane who have joined as fundraising and finance volunteers.

#### Meet a volunteer – Derek MacFarlane

Derek volunteers at The Elizabeth Foundation, providing a wide range of support to our fundraising and admin teams:

**“I started my working life in banking and was there for many years. This was followed by a spell working as a software tester for various companies.**

**“Moving south in 2012 I started volunteering at QA Hospital and was there until the pandemic took hold. I returned there for a short time but saw the advertisement for volunteers at The Elizabeth Foundation, which sounded really interesting.**

**“Since starting here I have been involved with the fundraising team – researching companies, helping with events, contacting organisation for raffle prizes and generally helping out!”**

## Summer residential programme

After a successful re-start to our Summer Programmes last year, we are once again offering this opportunity for families in July 2023.

Our intensive Summer Residential Programme is for preschool deaf children aged 3 to 5 years old and their families.

The one-week programme consists of daily preschool sessions for the deaf children, run by our qualified and experienced team, a full range of educational and fun activities for siblings (aged 5 to 11 years), and an informative range of talks, discussions and activities for parents.

Each deaf child also receives individual assessments by a Teacher of the Deaf,

Audiologist, Educational Psychologist and Specialist Speech and Language Therapist. These professionals prepare written reports specific to each child, outlining their strengths and needs.

The year’s Summer Programme at our Family Centre in Hampshire runs from 24 – 28 July 2023. More details on our website at: [www.bit.ly/TEFresidential](http://www.bit.ly/TEFresidential)

**“Thank you from the bottom of our hearts. We have learned more about our daughter’s needs in 5 days than we have in almost 5 years. Truly amazing and invaluable work you are all doing. Thank you for everything!”** Parent

**“I thank you for making us feel so welcome. We honestly felt like we had come to spend the week with family members ... The week was life-changing for us all. Thank you for your support and for taking such good care of us all.”** Parent



## Daisy's success story

My daughter Daisy is four years old and she's profoundly deaf in both ears.

We found out at seven weeks that Daisy had no hearing activity between her ear and her brain.

When we were first told about Daisy's deafness is when we met Julie from the Foundation. She came into the room where we were and introduced herself. This transitioned us between finding out about the deafness and then giving us that support.

When we started coming to the Foundation, Daisy was only about eight or nine weeks old.

Coming to the Foundation was the highlight of our week as a little family. The baby group felt like we were having that big hug every week. Being told all the things that we just wouldn't have known about. Lots of sound things, lots of sensory activities. Daisy, myself, Daisy's brother Charlie and Daisy's dad, we all came in weekly to the group. It was just a great chance to feel like we were with everybody that was in the same boat as us.

Daisy was 13 months when she had her operation for the cochlear implant and 14 months at switch on. And then when we came back, we were in toddlers. It made things a

lot better for Daisy because she was getting access to the sound more. In the toddler group, parents still come to the sessions. At this point me and Daisy's dad swapped each week. He came one week and I came the other week, which was nice as it got us both to meet all the families.

Daisy moved into preschool with Rachel last year. She just loves learning and listening to Rachel and doing all their activities. Daisy's got all of her new friends that she's met, and talks about them all the time.

Daisy comes to the Foundation two days a week and she also attends a mainstream nursery for three hours of the week. And she absolutely thrives there. It's her time to mix with hearing children as well as being with deaf children at The Elizabeth Foundation.

Looking back to when Daisy was a baby, you go through so many feelings and emotions. If I could project anybody to here, now, it's just unbelievable, because you just don't realise at the time how OK it's going to be. It's amazing the support that we've had here. Daisy has thrived and her speech is great, her vocabulary is great. It's just amazing.

Daisy leaves this year in July, so we only have a few months left. She will be going to a mainstream school, which is close by to where we live.

I would say to other parents how important it is to come here. As an all-rounder to the parent, the child, the family – you need to come here!

**Sarah, mum to Daisy**



## Tom's graduate journey

My name is Tom, I am 29 and living my best life!

A bit about my medical history. I am moderately-severely Deaf and I received my first hearing aids at 3 years old. I also have retinitis pigmentosa (RP), an eye condition that affects my low-light vision mostly, but also my vision in bright light too. These two combined form Ushers syndrome type 2.

I also have Bi-Polar which can be a challenge at times but I have an amazing family supporting me.

I attended a mainstream playschool as well as The Elizabeth Foundation. I went onto a mainstream primary and secondary school with support from the school and my parents. College and university were both mainstream with less support but I was always helped by my amazing parents and partner. I secured a degree in outdoor adventure leadership and management.

Where am I at in life? Well I feel it's going pretty well. I'm living in the Midlands now with my wife Sophie, and 20-week old golden retriever Honey. We bought our house a few years back.

I have had lots of jobs from working at cycle stores in sales and the workshop, to working as a PA for a wheelchair user. I have worked as an outdoor activity instructor, I have also worked at Twycross Zoo which was good fun!

But right now, I am running my own business Wonky Candles with my brother Pj. We make candles that we sell online at [www.wonkycandles.co.uk](http://www.wonkycandles.co.uk)

I suppose I should share some of the cool stuff I have got up to along the way. These things don't come without challenges, but anything is possible. As a teenager I played basketball for my school, county, national club and England. I have guided some epic mountain bike rides with clients and friends including a trip up the highest bridleway in England.

I drive and I love cars, I have spent time co-driving in off-road rallies and have learned to ride a trials motorbike – trust me it's harder than it looks! I have paddled white water kayaks all over the UK in rivers and the sea, and climbed mountains and technical rock faces all over the UK and Europe. Right now, my focus is track days – I run around 10 days a year myself and attend many more with my dad.

Why did I tell you all of these things about me? It's certainly not to boast but because I want people to know what's possible. Dream big and never forget anything is possible – especially with a strong support network.

**Tom Seaman**





As a much-valued supporter reading this newsletter, we know that you may have been affected by the rising cost of living, just as The Elizabeth Foundation is juggling with rising costs whilst facing growing demand for our charitable services.

We want to thank you for staying with us! Your commitment and generosity is hugely appreciated by us all and, as you will have seen, continues to make an immensely positive difference to our deaf children and their families.

## Trusts and foundations

We have been working hard to secure income from grant-making trusts and foundations against the ever-increasing demand for our services right across the UK.

With evidence of our impact and opportunities to welcome funders to our Family Centre, we are delighted to have secured much-needed grants for a wide range of projects this year. From keeping our face-to-face and online education services going, to helping us trial a new BSL course and develop a sensory room, we have made great progress.

We send thanks to our wonderful funders, including: Tesco Community Grants; AT&T; Morrisons; Portsmouth City Council Inclusion Fund; The Steel Charitable Trust; Ovingdean Hall Foundation; AbbVie; and The Mikado Trust.

Without this support we simply couldn't deliver services to over 1,200 beneficiaries both face-to-face and online, or maintain our facilities to give deaf children the optimum listening and learning environment to achieve their potential.

## Corporate partnerships

An important ingredient in our fundraising mix has always been corporate partnerships.

We are so grateful to those of you that have recommended The Elizabeth Foundation as a charity for local and national companies to volunteer with or to support. Please keep it up as there's nothing better than a warm introduction!

One parent mentioned us to a friend at NJS Solicitors who were looking for a reputable charity to support. As soon as they learned about our services, impact and our strong governance they were only too pleased to help make a difference, donating over £3,000!

Our long-term supporters include Generation Investment, Lightning Safety Systems, Proagrica and Equans (Engie). These companies continue to contribute through generous donations, time and expertise. We are always delighted to welcome their representatives to see first-hand the impact of their support.

## Many hands ...

We were overjoyed when a parent of one of our current preschoolers nominated The Elizabeth Foundation for his employer's SGN Community Action Plan day.

He and 20 colleagues spent the day at our Family Centre completing all manner of essential tasks around the grounds. They tackled all the jobs with gusto – from bark spreading, sandpit cleaning and painting playground equipment to leaf clearing, litter picking, basement sorting and minibus cleaning.

The team (shown below) were fantastic and worked tirelessly throughout the whole day.



## Legacies

For many of us there are times in our life when we think about the future and how we can help our loved ones and the causes we care about. After taking care of your loved ones, you might want to consider leaving The Elizabeth Foundation a gift in your Will.

Even a small gift can help to build a long-term future for deaf children and their families, so please do get in touch if you would like to receive an information pack. You can read more on our website and download our legacies information at [www.bit.ly/TEFlegacies](http://www.bit.ly/TEFlegacies)

## Key supporters

A special mention to our wonderful friends at Keys Trips and Events. Nick and Caroline Keys have tirelessly supported us for many years with donations, as well as helping us by running some really exciting historical trips in the local community.

Left to right: Caroline Keys, Trustee Peter Ardern, Deputy CEO Karen Vaughan and Nick Keys at a recent event.

## Community supporters

Did you know that lots of groups and associations in our local community enjoy presentations on our work as well?

It's wonderful to talk to church groups, Freemasons, Rotary, Scouts and Brownies to name just a few!

With so many of these groups giving back to the charity through donations and raffle prizes, as well as entertaining us with their own stories, we feel such a sense of pride and gratitude. If you are a member of a local community group that is looking for a great cause to support then please get in touch!

Photo: Jason King from Edward Lodge VII presenting a cheque to Kat Seaton.



## Events and challenges

As we move through 2023, we are keen to keep up momentum in our fundraising and challenge events – and once again we need your help.

We have some fantastic challenges and events coming up this year including the Great South Run, a charity golf day, summer fayre, Rock the Foundation music gig (who doesn't love the 80s!) and a Masquerade Ball.

You can read more on the following pages. Please take a look at our website to book your tickets or contact us to donate a prize or volunteer your time.



# Fantastic fundraisers!

We are so lucky that so many fantastic fundraisers have taken on extreme challenges to raise money for the Elizabeth Foundation over the last year. Here are some highlights:

## Flying through the skies

Past parent Alison took fundraising to new heights when she chose to jump out of a plane at 10,000 feet. Alison raised £510!



## Peak(s) performance

To thank The Elizabeth Foundation for the support given to her sister, Caela rounded up friends Sam, Kerrie and Saff to join her in taking on the immense challenge of climbing the three highest peaks in Scotland, Wales and England. The intrepid team of climbers scaled Ben Nevis, Snowdon and Scafell Pike in just 24 hours, raising an amazing £3,575!



## Pedal power

Past parent Grant hopped on his bike to tackle the Sidley London Revolution. He completed this iconic 157 mile (252 km) loop of the capital, raising £910!



## Keep on running

An incredible team of 14 runners took part in the Great South Run in October 2022, raising an astounding £5,341 between them!

They included staff from Compass Recruitment, a parent of a current pupil, two supporters and a young past pupil.



## Hair today ...

We were overjoyed when the Southern Co-Op's Elm Grove store in Southsea chose us as their charity of the year.

Staff have run stalls at our Summer Fayre and organised a huge donation of goodies from all the Southern Co-Ops in Portsmouth for our Christmas Bazaar. They then took on their most hair-raising fundraising activity yet, when staff members Tom and Roy had their heads shaved to raise a fantastic £292!



## Awesome Agatha

We were over the moon to be offered a space in the TCS London Marathon 2023. After receiving a number of fantastic applications, we selected Agatha Tufnell to represent The Elizabeth Foundation. Regular readers of Listen! will remember Agatha's story in the last issue (also available on the 'Our stories' section of the website).

Past pupil Agatha said, "Those close to me will know how important, and exciting, this challenge is to me. As a past student, this charity taught me to listen and talk and without them, my world would be a very different and lonelier place."

**"Fundraising for The Elizabeth Foundation is always an honour and doing a personal**

**challenge like the London Marathon is another fantastic opportunity to be able to do this!**

**"Any donation, no matter how big or small, will mean the world to me. It will enable more children to get the outstanding support I was privileged enough to receive over 20 years ago!"**

Despite an injury early in her training, Agatha has recovered well and has smashed her £12,500 fundraising target.

By the time you read this, Agatha will have taken part in the Marathon on Sunday 23 April 2023. If you would like to congratulate Agatha on her achievement why not donate at: [www.justgiving.com/fundraising/agatha-tufnell](http://www.justgiving.com/fundraising/agatha-tufnell)



## Fingers on buzzers

Thank you to everyone who has attended our regular Quiz Nights.

Our last Quiz Night in February raised an amazing £853. This support will help us to continue our vital work.

Thirteen teams pitted their skills against each other, but there was one clear winner – congratulations to the 'King Gizzard and the Lizzard Wizzard' team (below).

A huge thank you to Equans at QA Hospital for providing a selection of sandwiches and goodies to energise our teams! Keep an eye out on our social media for news about our upcoming Quiz Nights.



## Mummers the word

Over Christmas and New Year, the Broadside Mummers once again took their hilarious show on tour to fundraise in aid of The Elizabeth Foundation. A raucous time was had by all.

We are so grateful for the support of the Mummers, the drivers of the minibus, the publicans who welcomed them and all the generous people who donated.

The grand total raised was £3,095, which included a very kind donation of £450 from Setford & Company, adding to the astounding amount of £42,410 that the Broadside Mummers have raised for The Elizabeth Foundation over the last 29 years!



## Last Christmas

Christmas seems so long ago now, but we'd like to thank everyone who joined us at our Christmas Bazaar at the start of December 2022 and made it such a success.

Visitors were able to find festive gifts and treats at our stalls of toys and presents, play our children's, beauty or very popular boozy tombolas, enter the Christmas raffle, see Mickey Mouse and Disney friends in their Winter Wonderland, and even visit Santa in his grotto.

The Christmas Bazaar is always a fun and popular event, and we raised £3,618 in 2022.



## Events during 2023

We have a wonderful selection of fabulous fundraising events and exciting challenges lined up during the rest of 2023.

Fundraising events in **purple**, challenge events in **green**. For more details about any of these events, go to the Events section of our website at [www.bit.ly/TEFEvents](http://www.bit.ly/TEFEvents)

### London to Paris bike ride\*

Wednesday 14 June 2023 onwards

This classic London to Paris cycle ride takes you through the beautiful Kent countryside before crossing the Channel to Calais then proceeding through northern France to Paris.

Over four days, cyclists will cover 270 miles (435 km) through England and France.

A challenge for those who are new to cycling, as well as the more experienced rouleur.

Duration: 5 days | Location: UK to France  
Challenge level: Challenging



### Annual Golf Day and Dinner

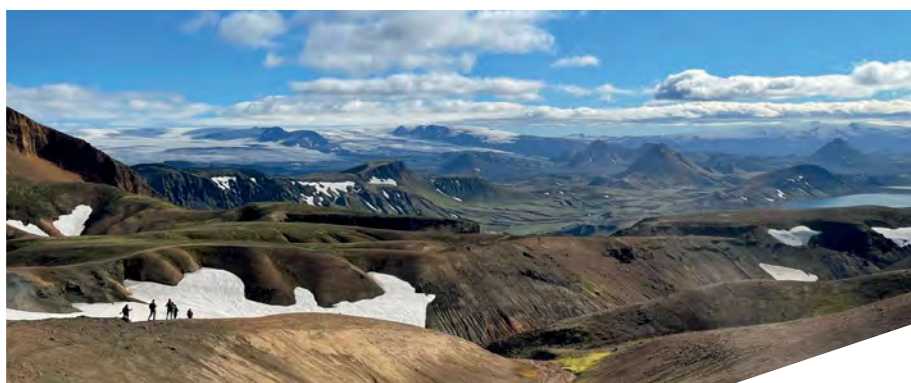
Thursday 15 June 2023

Starting with coffee and bacon rolls for lunch, then on to the course for 18 holes shotgun start, followed by a two-course dinner, raffle and silent auction. £320 for a team of four.

### Icelandic Lava Trek\* Wednesday 6 September 2023

This Icelandic itinerary takes in thundering waterfalls, steaming lava fields, plunging fjords and spouting geysers. Trek 36 miles / 58 km over 3-days through one of the planet's most volcanic regions. Your hard work will be rewarded with an indulgent visit to Iceland's famous Blue Lagoon where you have the chance to rest aching limbs!

Duration: 5 days | Location: Iceland | Challenge level: Tough



### Summer Fayre

Sunday 2 July 2023

Hot dogs, ice creams, raffle, bottle tombola, games, stalls and more from 11am – 1pm at our Family Centre in Cosham, Hampshire.

A wide range of stalls and entertainment for all the family.

### London Royal Parks trek\*

Saturday 15 July 2023

Challenge yourself to this marathon-plus distance 28 miles / 45 km trek between the 10 London Royal Parks. This epic route will take you across historic parkland and beautiful green spaces, while passing some of the finest architecture in London. From Richmond Park, along the banks of the River Thames, passing iconic Westminster and Buckingham Palace, before ending in Greenwich Park.

Duration: 1 day | Location: UK  
Challenge level: Tough

### Giant's Causeway trek\*

Friday 4 August 2023

A tough 1-day challenge hiking a marathon distance along the dramatic coastline of this UNESCO World Heritage Site. The Giant's Causeway Challenge is not for the faint-hearted! With the nature of the undulating terrain, you will climb over 1,000 metres as you explore the stunning coast of Northern Ireland.

Duration: 3 days (1-day walking)  
Location: UK | Challenge level: Tough



HardDrive at The Elizabeth Foundation

## Rock the Foundation

1 October 2023

After the success of our inaugural 'Rock the Foundation' gig two years ago, it gives us great pleasure to announce another concert in 2023.

Be transported back to the 1980s with a fantastic night of live music at Southsea's iconic venue The Wedgewood Rooms. Featuring Badness (playing classic ska and 2 tone from Madness, The Specials and Bad Manners) and HardDrive (smashing out classic 80s synth pop tunes from The Human League to Depeche Mode, from Yazoo to Frankie Goes to Hollywood ... and many more!) Tickets to the event also include entry into our music-themed charity raffle.

## Hadrian's Wall Challenge\*

22 September 2023

This exciting and strenuous marathon distance challenge of 26 miles will have you trekking along this stunning world-famous historic landscape. Hadrian's Wall runs coast-to-coast across the north of the UK. It remains one of the largest ancient monuments in Northern Europe. You will trek in the footsteps of the Roman Empire and take in some of this extraordinary structure that protected the Roman armies from the Scottish.

Duration: 2 days | Location: UK  
Challenge level: Tough



## Great South Run

15 October 2023

Whether you run with your dog, with your children or just taking on the 10-mile flat course, there is a run for you! We can buy your place and set you a target, or you can fund your own place and raise as much as you want. Running vests, medals and certificates for all of our runners.



## Quiz Night

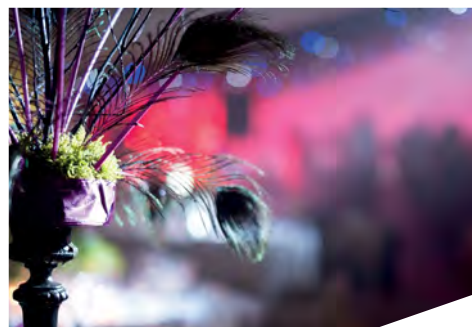
19 October 2023

7pm for 7.30pm start. £40 for a team of four, including snacks. Bring your own drink. Medals (and the opportunity to gloat!) for the winners!

## Masquerade Ball

10 November 2023

Join us at Portsmouth Marriott Hotel for a dazzling evening of live music, delicious food and dancing the night away! Further information will follow on our website.



## Christmas Bazaar

3 December 2023

Join us from 11am – 1pm for some fantastic festive fun. Stalls, gifts, raffle, bottle tombola, Santa's grotto, mince pies, arts and crafts and much more here at our Family Centre.

\*Please note: these challenges are operated exclusively by Charity Challenge (company no. 03686692, ATOL 6546) in order to raise funds for The Elizabeth Foundation. The charity is acting as an agent for Charity Challenge and has no involvement or responsibility whatsoever for their operation.

## 100 and 200 Clubs

We currently have spaces in our 100 Club and 200 Club prize draw lotteries.

### 100 Club

For just £2 a month you could be in with a chance of winning:

- £300 – December
- £200 – January
- £100 – February
- £50 for other months

### 200 Club

£10 per month enters you into our 200 Club draw:

- monthly prizes of £200
- £2,000 in November
- £7,000 in March!

**Congratulations to our winning numbers below.** To find out more about the 100 Club and 200 Club please contact us or visit [www.bit.ly/TEFlottery](http://www.bit.ly/TEFlottery)

Month	100	200	Month	100	200
Apr 22	24	74	Oct 22	12	168
May 22	9	23	Nov 22	3	151
Jun 22	62	101	Dec 22	17	55
Jul 22	66	143	Jan 23	18	64
Aug 22	59	90	Feb 23	76	163
Sep 22	8	181	Mar 23	23	61



The Elizabeth  
foundation

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