

# F • A • S • D connect



## Spring has sprung for The FASD Trust!



Welcome to the First Edition of our new look Newsletter, "FASD Connect", which we intend to produce three times a year in order to keep you "connected" with all the exciting new developments here at The FASD Trust.

The first development you may have noticed is our new logo. We felt that we wanted a logo that reflected more accurately who we are as a charity and the work we do, supporting those affected by FASD, providing information and training on FASD, as well as raising general awareness of the condition and prevention work. Our sincere thanks to Zoe and Julie, Jamie and all the team at Creative by Design ([www.creative-assoc.com](http://www.creative-assoc.com)) for their enthusiasm for this project.

Another exciting development is that we have outgrown our

office space and we are moving on 17th May to larger premises. Keep your eye on our website for exact details and we will bring you a full report in our summer newsletter.

However, as a charity, our overriding aim is to support those affected by FASD, so what we are most excited about is the many fun events arranged for the summer by our growing number of local support groups. As we are receiving more requests for support groups, we are steadily looking to increase the locations we are able to serve. If you would like us to consider starting a group near you, please do contact us.

We hope you enjoy reading the rest of this newsletter and we would love to hear back from you with your thoughts and comments about the newsletter – or any other aspect of our work!

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### Support Groups

Birmingham 5th June  
Picnic in the Park  
for details contact Helen at  
[birmingham@fasdtrust.co.uk](mailto:birmingham@fasdtrust.co.uk)

Cornwall 22nd May  
Newquay Children's Centre  
contact Sam at  
[cornwall@fasdtrust.co.uk](mailto:cornwall@fasdtrust.co.uk)

Oxfordshire 17th July  
(also serving Bucks  
and Wilts)  
Long Hanborough Methodist  
Church  
contact Julia or Sarah at  
[admin@fasdtrust.co.uk](mailto:admin@fasdtrust.co.uk)

Sussex 19th June  
Church of the Good Shepherd,  
Brighton.  
Opportunity to hear a birth mum  
share her story  
contact Rachel at  
[sussex@fasdtrust.co.uk](mailto:sussex@fasdtrust.co.uk)

Yorkshire 5th June  
West Grange Church, Leeds  
contact Andy & Dianne at  
[yorkshire@fasdtrust.co.uk](mailto:yorkshire@fasdtrust.co.uk)

We also have groups in many other locations including Devon, contact Sarah at [devon@fasdtrust.co.uk](mailto:devon@fasdtrust.co.uk); in Kent, Surrey & SE London contact Sharon at [kent@fasdtrust.co.uk](mailto:kent@fasdtrust.co.uk); for Manchester contact Lorraine at [manchester@fasdtrust.co.uk](mailto:manchester@fasdtrust.co.uk).

All groups start at 11am, include lunch & childcare – unless stated otherwise. Groups meet around 4 times a year, and often have a fun day in the summer as well. Groups do meet in other locations; for the full list please refer to our website.

registered charity No. 1125212  
company registered in England  
No. 6501335

## Opportunity to Meet Dr Raja Mukherjee

Dr Mukherjee runs the UK's National FASD Clinic, based in Surrey. He is currently conducting some research into FASD and as a part of this project, he will be visiting Cornwall on Thursday 10th June 2010. This is an exciting opportunity for those in the south-west who are affected by FASD or have a professional interest

to learn more and to participate in this ground-breaking research by completing a short questionnaire. The venue will be Kingsley Village, Fraddon. To reserve a place at this FREE event, please contact Sam at [cornwall@fasdtrust.co.uk](mailto:cornwall@fasdtrust.co.uk) and indicate whether you prefer to attend the morning or afternoon session. Alternatively, contact our head office on 01608 811599.



## Focus on Kent, Surrey & SE London



Sharon Jackson and her husband, Paul, are our regional co-ordinators for Kent, Surrey and SE London. They live in Kent with their 5 children, who are all affected by FASD. Therefore, Sharon and Paul are able to bring a wealth of personal

experience to their volunteer role with The FASD Trust.

Sharon frequently meets with other carers for informal coffee mornings, as well as talking at other groups and club meetings about FASD. Sharon says, "I think it is great to be able to help other families using the knowledge we have gained from having our own FASD children."

Sharon can be contacted on 01634 254633 or by e-mail at [kent@fasdtrust.co.uk](mailto:kent@fasdtrust.co.uk)

If you would like to consider becoming a volunteer co-ordinator for your area, then please contact Julia Brown at [juliabrown@fasdtrust.co.uk](mailto:juliabrown@fasdtrust.co.uk).

## Education and FASD

Julia Brown from The FASD Trust was one of the speakers at a conference held at the Royal Society of Medicine, London in March this year on the current approaches to the education and care of children with FASD. It was good to be part of this event and see the growing

recognition of the impact FASD is having in our classrooms.

If you would like Julia or another member of our team to visit your school or speak at your event, please contact our head office in Oxfordshire or Julia directly at [juliabrown@fasdtrust.co.uk](mailto:juliabrown@fasdtrust.co.uk).

## Working in Partnership

We strongly believe at The FASD Trust in working with others and hence we are very pleased to be working with TACT ([www.tactcare.org.uk](http://www.tactcare.org.uk)) the UK's largest independent fostering and adoption agency. TACT has developed a Foetally Affected Children's Service (FACS) and a range of training programmes for professionals and carers on this issue.

TACT are also holding a conference, "Bruised Before Birth" in Cardiff on 14th July 2010 at which Julia Brown from The FASD Trust will be speaking. TACT will also be holding further "Bruised before Birth" conferences in Birmingham (November 2010) and in February 2011 (venue to be confirmed). For more information contact Charlotte at TACT on 020 8695 2315 or e-mail her, [c.lindsell@tactcare.org.uk](mailto:c.lindsell@tactcare.org.uk)





# Resources for Midwives and Pregnant Ladies

We have available a simple leaflet for pregnant ladies which clearly explains about the potential dangers of drinking in pregnancy and about FASD. The leaflet is factual, non-threatening and easy to read. We also have A3 posters available for display on notice boards in clinics, surgeries, etc. If you would like to order leaflets or posters, then please contact Sarah on [admin@fasdtrust.co.uk](mailto:admin@fasdtrust.co.uk).

Book Coming Soon.....

## “My Name is Sam”

All the research carried out regarding positive outcomes for children with FASD agrees that those who know and understand their disabilities are the ones who do best. We are pleased to announce that in response to a large number of requests a series of books has now been written for carers to share with the children / young people affected by FASD, and their friends and families. The first book will be going to publication shortly, and we hope to have details in our next newsletter of where you can purchase it.



# Improvements to our Website

The best way to stay up-to-date with our work, latest events, to sign up to continue to receive this newsletter, is via our website, [www.fasdtrust.co.uk](http://www.fasdtrust.co.uk).

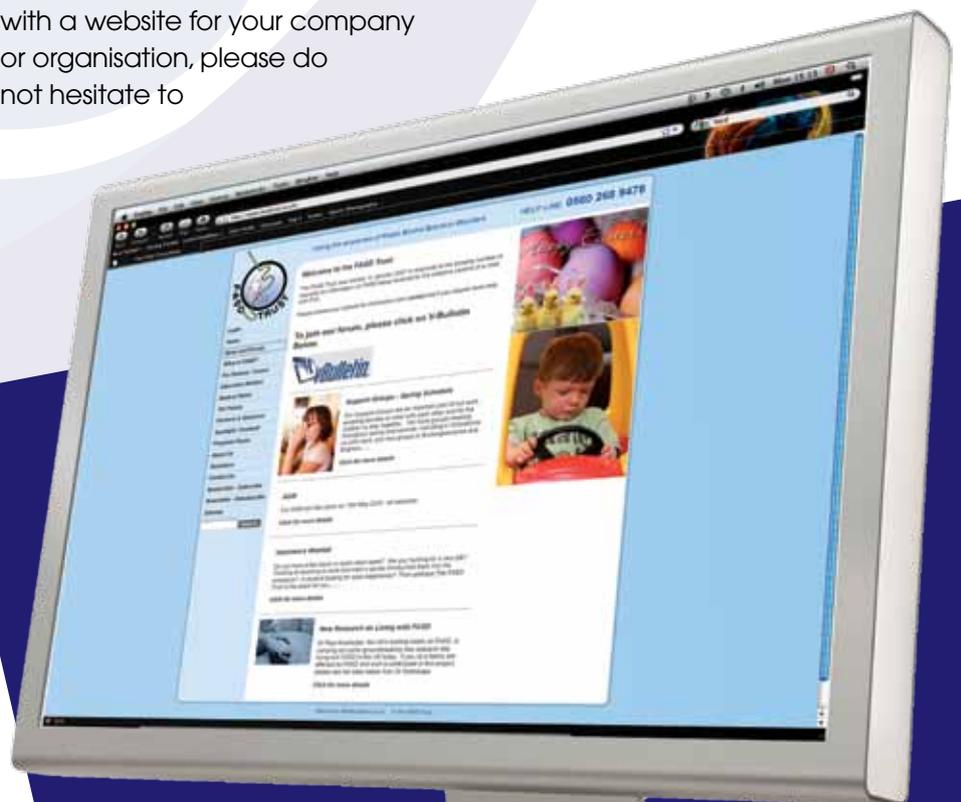
FASD Trust by the provision of our website. If you need assistance with a website for your company or organisation, please do not hesitate to

contact them – and don't forget to mention us!

We are currently uploading new material specifically for carers around parenting the FASD Child and we hope to continue adding to the resources on FASD which can be downloaded from our website.

Details of all the current support groups can also be found on the website.

We are grateful to Ed and the team at Web Boutiques ([www.webboutiques.co.uk](http://www.webboutiques.co.uk)) for their continued sponsorship of The



# Supporting our Work

Amongst many others we wish to express our particular thanks to Stephen and family for walking across Morecambe Bay in aid of our work, to the ladies of Long Hanborough for choosing us as their Charity of the Year and the Coffee Shop at Hanborough Methodist for donating their proceeds to us. We are grateful for such support as it enables us to continue with our work.

There are lots of ways you can support us too, including:

- Do you shop on line? Then why not do so via easy fundraising (<http://www.easypfundraising.org.uk/Register/?char=13670>) as this not only supports us,

with up to 15% of your total on-line purchase being donated to us, but it gives you access to lots of special offers and prizes too.

- Support us regularly via standing order or by giving securely on line – go to our website and click on the donate now button.
- Become a Friend of The FASD Trust – in return for a minimum yearly donation of £20 you receive a special edition of our newsletter, access to special offers, access to the log-in only area of our website and lots more.

For more information or an application form, contact Sarah Lindon at [admin@fasdtrust.co.uk](mailto:admin@fasdtrust.co.uk) or call her on 01608 811599.

- Gift Aid – if you are a UK taxpayer, don't forget to tick the box to gift aid your donation to us.
- Could your club, workplace or school nominate us at their Charity of the Year or Month? Or, why not organise a fundraising event in your area? If you need help or ideas, then please contact us at [info@fasdtrust.co.uk](mailto:info@fasdtrust.co.uk).

Julia Brown now runs The FASD Trust on a day-to-day basis, reporting to our Board of Trustees. She and her husband, Simon, began The FASD Trust after discovering that their adopted daughter had FAS. Julia writes, "We know from our own personal experience how little support and knowledge there is in the UK around FASD, and the main purpose behind our work now at the Trust is to raise that level of knowledge and ensure families are offered practical support that is appropriate." Outside work, Julia and Simon, who are also foster carers, enjoy spending time with their family and friends – the latest craze being watching 3D movies at the cinema!

## What is FASD?

FASD (foetal alcohol spectrum disorders) is an umbrella term for a range of disabilities, both physical and mental, which a person can be born with due to being exposed to alcohol while in the womb. When a pregnant lady drinks alcohol, it passes freely through the placenta to the unborn child and this can interfere with the normal development of the foetus, resulting in disabilities for the child once it is born. These difficulties last a lifetime and there is no cure. More information on FASD can be found on our website,

<http://www.fasdtrust.co.uk/about.php>

