

# THE GURNEY FUND

AUTUMN NEWSLETTER 2019



## Lending A Listening Ear

### Support with counselling is now available through The Gurney Fund.

The aim of The Gurney Fund has always been to provide support relating to the educational and developmental needs for the children of police officers where a parent has died or retired due to ill health: on and off duty.

simply being able to talk to someone about what has affected them or their family.

Children already have a lot of pressure placed on them through exams or social media so having experienced either the loss of a parent or their parent having had to retire through ill health is only likely to add to those pressures.

through the NHS and privately, we at The Gurney Fund do not want the children we support being deprived of the chance to have counselling due to long waiting times or being unable to meet the cost.

At our August Trustees' meeting it was unanimously agreed that from 1 September 2019 The Gurney Fund will offer financial support towards

will only require receipts for reimbursement.

As Trustees we want not only to relieve the financial burden on children and their family, but also offer those children who The Gurney Fund supports the opportunity to seek counselling if they require it, so they can discuss with a professional any concerns they may have.

### **“The Gurney Fund will offer financial support towards counselling”**

The Fund provides financial support in the form of weekly allowances and grants, as well as helping young people fulfil their educational and career aspirations.

The Trustees, all of whom are serving police officers, recognise that sometimes it isn't the material things that make the difference, it is

Counselling is the most common form of talking therapy. It can help young people deal with issues and events and the effects they are having on their well-being, help them talk things through, support them without feeling judged – and in confidence.

While counselling is available

counselling for beneficiaries up to the sum of £500.

We recognise that there are different types of counselling services available addressing a variety of issues.

We will encourage families to choose the counsellor they think best meets their child's needs and

The Gurney Fund is now not only there to provide “a helping hand when you need it most” but to also provide a listening ear.

To apply for reimbursement for counselling, families registered with the Fund may submit receipts by post or e-mail to Sherral Keywood at [gurney.fund2@btconnect.com](mailto:gurney.fund2@btconnect.com)

# Our Gurney Graduates



**“Thank you for the money that was given to support my computing degree; this greatly helped me throughout my final year at university and I graduated with a 2:1 so thank you it helped in such a big way.”**

**Toby from Avon & Somerset**



**“I received a first in my dissertation resulting in an overall grade of Upper Second Class Honours in Musical Theatre. It was an absolutely amazing day with my mum, stepdad and aunt. Thank you for all your help and support over the last 11 years! I definitely would not be at this stage in my life without the lovely Gurney Fund!”**

**Kitty from Sussex**



**Clara from South Wales got a 2:1 in her physics degree. Her parents thanked The Gurney Fund for their financial support throughout her education.**



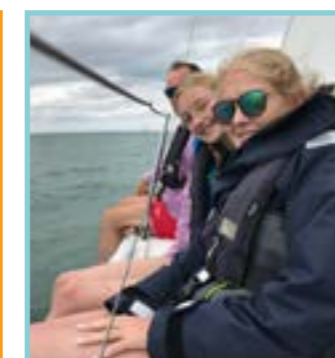
**“Penny and myself are extremely grateful for everything The Gurney Fund has done for us. Her dad would have been so proud.”**

**Penny's mum, speaking after her daughter graduated with a first class honours degree in history from Royal Holloway.**



**“It was an amazing day and I am so proud. A big thank you for all you do it really is truly appreciated”.**

**Caroline, mum to Harry from Norfolk who graduated from Aberystwyth with a 2:1 in Computer Science.**



## Lots Of Fun On The Water

**They do like to be beside the seaside!**

Our 16-18 year old Gurney Kids spent a fabulous week in July sailing along the South Coast on the an-

a real sailing trip without a mammoth water fight in the lock of Port Solent and a team BBQ afterwards to dry off.

The team were also joined by

absolutely amazing. Thanks for such an incredible day and the chance to see the fantastic work of The Gurney Fund. Seeing first-hand the way this holiday was helping

starting the holiday, as they all got on so well with each other. The crew's passion for what they do was clearly having a positive impact on the young people.”

**“As my last holiday as a ‘Gurney Kid’, the sailing holiday did not disappoint! The friendships I have formed are invaluable. Thank you for this fantastic experience, it is one I will always treasure.” Hattie, Leicestershire**

nual sailing trip. Starting in Hamble, the group called in at Cowes, Yarmouth, Lymington, Gosport, Port Solent and finished up on the Isle of Wight for the traditional fancy-dress party at The Folly Inn.

Of course, it wouldn't have been

three Gurney Fund Trustees this year – Ollie Abercrombe, Sarah Johnson and Jon Drake – who had a great time getting to know the children out at sea.

They said: “The sailing day with the crew and beneficiaries was

to develop the young people's skills both around the boat itself and also in relation to wider issues like teamwork and looking after each other was great.

“We had to remember they were not all friends already before

A big thank you to all the volunteers who give up a week of their time to care for these children and give them the best holiday possible.

These holidays are really important for the children and would not be possible without your support.





# A Life-Changing Holiday

Thank you for yet another amazing sailing trip, writes Gurney kid Lowenna.

I am so grateful not only for those who gave up their time to take us away but also to everyone who organises the trips and those who financially support us.

A special thank you to Kerry, the holiday leader, for organising and being our 'boat mum' for the week. She made sure everything ran smoothly and looked after us all.

On behalf of everyone on the trip



Lowenna pictured third from right

**“If I could describe my Gurney sailing experience in three words they would be hilarious, meaningful and life changing.”**

we are all so grateful for all she does for us.

I also want to say a special thank you to my skippers, Phil and Mac for the week. They worked so hard to make sure that we had fun. They certainly did a great job.

Living on the boat for a week felt like home as we all chipped in and it felt like a little family. They kept the four of us smiling and laughing the entire week.

Thank you for teaching me more about sailing. I feel so lucky to have gone out sailing and gain experiences and skills that others of our age may not get to do.

My sailing ability has improved

a lot since last year and it is a skill I feel that I will be able to use in the future.

If I could describe my Gurney sailing experience in three words they would be hilarious, meaningful and life changing. I had an all-round brilliant time. It was definitely one of the best weeks of my life.

Some highlights for me were the first day, seeing all of my old friends from previous years again and having a little reunion. It felt so special as a lot of them I met on my first holiday with The Gurney Fund at PGL.

Along with them and all the new people, I really feel I have made

lifelong friends!

Another highlight was the day we went racing. Although we did not win, our boat had a great time.

A final highlight would of course be the last night at The Folly Inn. Being dressed up and having fun with everyone really made the holiday.

It was a lovely way to spend the last night together and reflect upon the week.

I cannot disregard the rest of the trip – it was all so memorable and fun. I can safely say I have made memories that will last forever. I find it special that we all have an understanding of what brings us together and that everyone has

a different story. Through this, we have become so close and created a rare and special bond. The support from every single skipper along with each other created a safe and understanding atmosphere.

Finding people who understand can be difficult. I cannot forget one of the nights when a group of us sat down and talked to each other about our experiences.

We did not feel we had to do so but we wanted to express our feelings. This in particular made me feel understood and looked after.

Thank you again for all your support. I am so fortunate to be a part of something very special.



# What A Week Of Adventure

And that's a wrap as The Gurney Fund activity holiday is over for another year!

This year 28 of The Gurney Fund's 11-15 year-old children ventured to an outdoor education centre in Wiltshire for an action packed week of activities – and they certainly didn't leave disappointed.

Their holiday has not been for

the faint hearted, with activities including a vertical assault course, raft building, quad biking and camp fire making.

The kids also had a very special day trip to Legoland, where they were let loose with their friends to make special memories – trying out the rides and sheltering from the storms with chips and hot chocolates!

Back at camp, the week finished with a visit from Wiltshire Police, where the team got to meet VIP police dog Charlie, and had an insight into what policing life is like from Chief Constable Kier Pritchard and PCs Alex Way and Tracy Doughty

A big thank you to all the volunteers on the holiday; John Apter, Tracey Plumridge, Nicky Cornelius

and Sophie Kerton. They gave up a week of their time to care for these children and give them the best holiday possible.

These holidays are really important for the children and would simply not be possible without your support.

Keep a look out for details of next year's holiday, which will be coming to you soon!



**“I've made some amazing friends and they've really made me feel like I'm not alone.” – Robyn**

**“The Gurney Fund has helped me to meet people who have gone through similar things to me.” – Georgia**

**“Talking to people who have been through similar things is the best part. Everyone understands.” – Lily**

**“The holidays have introduced me to lifelong friends who I will always be in contact with.” – Tilly**





## Well Done Gurney Kids!

Paula from Leicestershire tells us about what her son and daughter have been getting up to – all thanks to The Gurney Fund.

She said: "Lucas completed his bronze Duke of Edinburgh and has done very well at school again this year.

"As well as football, gymnastics and Scouts, Imi has just taken part in the Federation of Artistic Roller Skating nationals.

"All this has only been possible with help from The Gurney Fund; they have developed, grown, learnt, achieved and experienced so much because of it."

Well done Lucas and Imogen!



# SAVE THE DATE

**Important date to remember for our older Gurney Kids: the closing date for higher education applications is 18 October 2019.**

**"Thank you to The Gurney Fund for inviting me on this year's sailing trip, it was the best holiday I have ever had. I learnt some amazing new skills as well as awesome life advice and made lifelong friendships"**

**Hannah, Hampshire**

**"Thank you very much for letting me go on the sailing trip this year, I had so much fun and learnt so many new things that I never thought I would. I made lots of new friends and had such a laugh with my two skippers who were absolutely amazing. It was my first time and I felt so welcomed and would love to go again!"**

**Katie, Hampshire**

*At their August meeting, The Gurney Fund Trustees awarded just over **£11,000** towards **school uniform, laptops, driving lessons, music tuition** and **school trips**. Six new families were registered onto The Gurney Fund, and two were reinstated.*

### Keep in touch

Write: 9 Bath Road, Worthing, West Sussex, BN11 3NU

Call: 01903 237256

Email: [info@gurneyfund.org](mailto:info@gurneyfund.org)



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