

# NEWS

Issue 3 – November 2015

Road  
Victims  
Trust  
Giving hope to rebuild lives

'This is now the 3rd edition of the Road Victims Trust newsletter. The past three months have seen unprecedented demand on our team of Coordinators and Counselling Volunteers as we continue to provide our unique services across Bedfordshire, Cambridgeshire and Hertfordshire.

The fact that we are celebrating our 20th anniversary is a testament to the wonderful partnership working that has developed over the years. It's simply not possible to thank everyone, but this Newsletter highlights the work of so many who tirelessly give so much to the cause. We are all very grateful.' **Mark Turner – Chief Executive**



## Support from Cambridgeshire

Welcome to a new Patron . . . **Chief Constable Alec Wood of Cambridgeshire Constabulary**



The Road Victims Trust is delighted to welcome Alec Wood to the role of Patron of the Trust.

Alec was appointed as Chief Constable of Cambridgeshire Constabulary in September 2015. He joined the force in 2013 as Deputy Chief Constable following the role of Temporary Deputy Chief Constable at Lincolnshire Police.

Alec's policing career began in 1986 in Lincolnshire serving in uniform and CID roles, including Head of Crime. He progressed through to Chief Superintendent and Divisional Commander and in 2009 was appointed the Temporary Assistant Chief Constable (ACC) responsible for Protective Services.

On completion of the Strategic Command Course in 2010 he was appointed the ACC of Operational Policing in Derbyshire before returning to Lincolnshire as Temporary Deputy Chief Constable in 2012 and Acting Chief Constable in 2013.

He has overseen a number of high profile investigations including the murder of schoolboy Luke Walmsley in Lincolnshire in 2003 and the murder of Jai Ashton in Derbyshire in 2011. While Assistant Chief Constable in Derbyshire, Alec led the work to create a five force major crime unit, investigating murders and other serious crimes across the East Midlands.

During his service he has received bravery commendations for disarming a man with a knife during an incident in Boston in 1988 and rescuing a woman from a fire in 1992.

Alec is the national lead for Behavioural Science and has an MA in Criminology.

Alec understands the importance of the Road Victims Trust having experienced first-hand the trauma that losing a close relative in an RTC brings. He explains that even his policing experience did not prepare him for dealing with this event. At the time Alec and his family did not have access to a charitable support organisation, Alec feels had this support been available it would have been a great help in learning how to deal with such tragedy.

Mark Turner CEO said "It is great to have Alec join our team of patrons. His knowledge and background, alongside his own personal experiences, make him a very valuable addition to our team."

## Cambridgeshire Road Safety Partnership

In the Cambridgeshire and Peterborough Road Safety Partnership the focus isn't just on how we can prevent and reduce road casualties, but we take a much wider view of the social and economic impact of road collisions on our communities. We recognise that the Road Victims Trust delivers a vital service for families and individuals who are bereaved as a result of road traffic collisions and this role is key to our aim to reduce the social impact of road casualties, at an individual, family and community level. This broadening of our approach includes work with the Regional Trauma Centre at Addenbrooke's Hospital and will seek to improve the analysis of long-term outcomes for victims of road traffic collisions in the region, and any subsequent ways we can use our position to improve these outcomes.

It has been fantastic to see the Trust go from strength to strength since its introduction to Cambridgeshire and I hope that it will continue to grow and provide more families with the support they need at such a terrible time.

**Lyn Hesse**

**Say Hello . . .**  
to Trustees **Paul Jones**  
and **Lyn Hesse**

**Paul Jones** is Managing Director of a Luton-based Electrical Contracting Company Instalec and has run the business since 1979.



Instalec carries out installation, maintenance and testing services within education, local council and commercial sectors.

For the past 20 years Paul has specialised in lighting design for historic and church buildings. Through his company Paul has supported the RVT with a golf day every year since 2008 following the loss of his son Oliver in a road traffic collision.

He hopes in some small way to help the charity that supported his family at a very difficult time.



**Lyn Hesse** is a Senior Road Safety Officer with Cambridgeshire County Council. She joined the Road Safety

Team in 2001 as an Education Officer and has worked on numerous campaigns and projects across the County. Lyn helped facilitate the Trust's expansion into Cambridgeshire and was subsequently asked to become a Trustee.

Lyn has lost a brother and a nephew in two separate Road Traffic Collisions.

***In their own words . . . .*****Archibald Felix Lister Wellbelove –  
'Lovable Rogue'**

Archie was the middle child of three, having an elder brother Henry and a younger sister Mathilda. He was always a very happy and positive child and was lucky to be very bright academically, albeit he was very self-effacing.

When Archie was killed, so many people used the term 'lovable rogue', as, as well as being bright, he was very cheeky and naughty and one never knew what high jinks he was going to be up to next.

When we got the fateful knock at the door, Archie had just started his first term at Warwick University, having just turned 18. It sounds like a cliché, but he really did have a bright future ahead of him, which was snatched away in an instant.

The police liaison officer who had the thankless task of informing us that our gorgeous child had been hit by a taxi and had not survived cannot be praised enough and it was he who informed us about the existence of The Road Victims Trust. I was later visited by a Volunteer Counsellor, which I found invaluable in the fog of my sudden loss.

I am very lucky to have many very close friends, who attempted to support me in a myriad of ways, but they were, of course, deeply affected by Archie's death as well. For me, it was wonderful to be able to talk openly in total confidence to somebody removed from the situation who was sympathetic who would not judge me for my feelings – anger and profound grief at the awful situation I found myself in, but also at times, negative feelings towards other extended members of my family who I felt to be acting selfishly. I was able to discuss things I was unable to raise with even my most intimate friends and family. Since then, we as a family have become involved in various events for the Trust, trying in any way we are able to help out in any small way we can.

All I can say is, thank goodness they were there for us.

*Katie Wellbelove*



*The Wellbelove family*

***RVT Support Service . . . .*****About our team**

The support service delivery team is made up of four full-time Coordinators and 40 Counselling Volunteers. All of us who work with Trust clients have background training in the 'talking therapies' of counselling, psychotherapy or psychology.

Everyone in the team has successfully completed the Trust's 40-hour training course which covers bereavement, trauma, the impact on families of the police investigation and inquest and criminal court proceedings that can follow a collision.

An extensive resource of knowledge and experience gathered in 20 years of the Road Victims Trust, supporting victims of road collisions is available to those who join the team and is used daily in our client work.

There is no 'typical' Counselling Volunteer and we value the mix we have here at the Trust. One thing all our volunteers have in common is dedication, commitment and the desire to provide the best possible support to all the Trust's clients. The Trust would not be able to provide the service without our Coordinators.

*Frances, Lead Coordinator*

**What our Counselling Volunteers say...**

The **Counselling Volunteers** are at the forefront of the service that the Trust provides, meeting with their clients regularly each week and providing emotional and practical support and advice as their clients travel the unexpected roller-coaster of a ride into the unknown. However, the Counselling Volunteers could not be as effective as they are without the care, support, guidance, encouragement, supervision and commitment of the **Coordinators**. Here are some recent comments from a few volunteers saying what they think about this essential support from our team of Coordinators.

*Counselling Volunteer representative*

*"Right from the beginning, at my interview, I felt that if I became a volunteer I would be well looked after and this has in fact exceeded my initial expectations. Working for RVT is made as easy as possible by the office. I feel extremely well supported and I know that I can turn to them with any issue and, without any delay; I and my clients will be helped. I wish other organisations put as much effort and energy into looking after their people on the ground. Working for RVT, I feel that my work is valued and that I am appreciated as a person, which in turn makes me want to stay on board in the future."*

*"From my very first meeting with the team I was treated with warmth, professional respect, sensitivity and care. This has never faltered in all the time I have been with RVT, and no matter which Coordinator I communicate with I receive the same level of care. I know our clients feel exactly the same because they have said so. I have never doubted that my contribution to RVT is valued because it is there in every interaction. Thank you all of you; you are exceptional, and one of the things that makes me want to continue working with RVT."*

*"The RVT office staff organises and carry out their workloads professionally and with diligence, always demonstrating their dedication and ownership of responsibility regarding the needs of the volunteers and clients. I feel I work in a supported, safe and comfortable environment where it is a pleasure to provide my service. In my opinion, the RVT professionalism 'shines like a beacon' above all other agencies."*

## Victims' Commissioner Supports Trust

**The Trust had a visit from the Victims' Commissioner, Baroness Newlove and Bedfordshire Police and Crime Commissioner, Olly Martins on 14 September.**

Baroness Newlove is the Victims' Commissioner for England and Wales and was appointed in March 2013. Her role is to promote the interests of victims and witnesses; encourage good practice in the treatment of victims and witnesses; and keep under review the operation of the Code of Practice for Victims.



*Pictured left to right, Mark Turner (CEO), Bob Panton (Trustee), Olly Martins (Bedfordshire's Police and Crime Commissioner), Alison Panton (Trust Administrator), Margaret (Counselling Volunteer), Baroness Newlove (Government Victims' Commissioner), and front: Lyn Hesse (Trustee).*

The Baroness took time to talk with staff and volunteers at the charity and was hugely impressed by what she encountered. Speaking about the visit she said: "Victims of crime often need support, advice and someone to listen to them when they are at their most vulnerable. The work of the Road Victims Trust is very important in delivering the best possible victim care to those whose lives have been devastated by a road death, regardless of whether any criminal act occurred."

## MAYOR'S CHOICE

**The Mayor of Kempston, Cllr Mohammed Masud, has given his full backing to the Road Victims Trust, by making us his Charity of the Year.**

Talking about the Trust, Cllr Masud said: "I am delighted to support a local charity that has helped so many people over 20 years. The staff at the Trust do a wonderful job to support people at their time of need, and I am pleased to be able to raise money to help them with their work."



We would like to thank Cllr Masud for his support and look forward to working with him over the next 12 months.

Bedfordshire PCC, Olly Martins said: "Those affected by crime and those affected by a death on the roads quite clearly have different needs but whatever the circumstances it's really important that people have access to specialised support.

"This is where the Road Victims Trust makes such a vital contribution and sadly, despite strenuous efforts from the police and road safety campaigners to impress road safety messages, road traffic collisions still happen.

"The Trust's work is unrivalled and sees police officers from three counties working in partnership with the Trust to help those at their lowest possible ebb. That's why as PCCs the three of us from Beds, Cambs and Herts make a financial contribution to their vital work."

## Recent RVT Events . . . .

### Spreading the Word . . .

The Trust's Fundraising Manager Jenny Hillam has been out and about in Bedfordshire, Cambridgeshire and Hertfordshire at various Community events in a bid to create awareness of the Trust and sign up new volunteers.



**If you see her out and about on her travels, please do stop and say hello, she would love to chat to you.**



### To provide our services we need your help . . .

As a charity the Road Victims Trust relies on the generosity of its supporters in order to be able to deliver the support to people in their time of need.

Fundraising can take many different forms. You can get involved with your friends or on your own, at work or with your group, taking part in an organised event, or, perhaps by forming a Fundraising Group and even as simple as making a donation.

We are also always on the lookout for volunteers to help us with supermarket collections and bag packs, awareness days and to help out at our organised events. If you would like to take part in any of our organised events, or, volunteer your time we would love to hear from you.

Please contact our Fundraising Manager Jenny Hillam for a chat.

email: [jennyh@rvtrust.co.uk](mailto:jennyh@rvtrust.co.uk) or 01234 843345

### Going the Extra Mile . . .

At the end of September, 35 cycling teams and ten Marshal Teams headed down to Le Mans, France, for a three-day Charity cycling challenge covering 516 miles and over 28,000 feet of climbing!

Teams that took part in the event nominated their own Charities – who receive 3/4 of their own fundraising, and the final 1/4 is distributed to the Organisers' chosen Charities.

The Challenge is run by Extramile Challenges (a registered Charity), alongside the Rotary Clubs of Milton Keynes Grand Union and Bedford Park, together with Heald Solicitors on an entirely voluntary basis. We are already planning our 2016 Challenge to Montreux on the shores of Lake Geneva.

This year The Road Victims Trust is lucky to be one of the chosen charities for this event.

If you are interested in taking part in the 2016 event contact: [extramile2016@delomac.com](mailto:extramile2016@delomac.com) for further information, or visit [www.extra-mile.org.uk](http://www.extra-mile.org.uk)



## Forthcoming Events

Some more dates for your diary



### Sunday 15 November 2015 at 3.00 pm WORLD DAY OF REMEMBRANCE FOR ROAD TRAFFIC VICTIMS at St Paul's Church, Bedford

Join the Road Victims Trust for a service being held as part of the World Day of Remembrance for Road Traffic Victims. This day has been dedicated to road traffic victims across the world and as part of our service there will be a chance to remember and celebrate the lives of local victims. We will recognise the efforts of those who have provided support to the families, friends and witnesses in Bedfordshire, Cambridgeshire and Hertfordshire.

If you would like to attend this service please contact Alison Panton at the Road Victims Trust, 146 Bedford Road, Kempston, Bedford MK42 8BH T: **01234 843345** Email: [enquiries@rvtrust.co.uk](mailto:enquiries@rvtrust.co.uk)

### Saturday 28 November 2015 – 20TH ANNIVERSARY BALL

This year sees RVT reach 20 years of service and to celebrate we are holding a Black Tie Ball on 28 November at The Park Inn, Bedford.

Why not join us for this special occasion and help us celebrate.

Please contact Jenny Hillam for tickets on **01234 843345** or email: [jennyh@rvtrust.co.uk](mailto:jennyh@rvtrust.co.uk)



### 4/5 December – THE BIG GIVE CHRISTMAS CHALLENGE

will be taking place from midday on 4 and 5 December 2015.

Add a reminder to your calendar and save the dates, and look out for information on our Facebook page [www.facebook.com/road.victimstrust](http://www.facebook.com/road.victimstrust) and on our website [www.rvtrust.org.uk](http://www.rvtrust.org.uk)

### 4 December 2015 – ROAD VICTIMS TRUST CHRISTMAS QUIZ



Are you a secret 'egghead', then why not join us to test your general knowledge at our annual quiz.

The quiz will be held at Kempston Police Headquarters,

Woburn Road, Kempston MK43 9AX with a 7.30pm start

Teams of 4-6 people (bring your own drink), £10.00 per person—Fish & Chip Supper included. To book your team space contact: Alison Panton **01234 843345** or [enquiries@rvtrust.co.uk](mailto:enquiries@rvtrust.co.uk)

### 1/2 April 2016 – WEEKEND OF SKYDIVING

On 1 and 2 April 2016 we are planning a weekend of Skydiving at UK Parachuting at Sibson.

Are you an adrenalin junkie or thrill seeker, or do you just want to tick it off your bucket list? Whatever the reason, come and join us for the event.

For more information, please contact Jenny Hillam: [jennyh@rvtrust.co.uk](mailto:jennyh@rvtrust.co.uk) or call **01234 843345**



### New Events for 2016

We have lots of new events for 2016 which include, Wing Walking, Mile Long Zipwire, Cycling Events, Fun Runs, Walks and more Skydives. The Big lunch was such a success this year that we are holding it again on 5 June, so 'save the date'. If you are planning on holding an event to raise much needed funds for RVT please get in touch, we will promote your event on our social media and website.

## THANK YOUs – It's impossible to thank everyone, but here are a few . . .

Our thanks go to the Big Lottery Fund. Due to their fantastic support we are able to bring this newsletter to you on a regular basis.



### WAITROSE

The customers of **Waitrose Bedford** have managed to raise an amazing £467 with the 'Green Token Scheme'.

A big thank you to all of you who put that little green token in our slot. It enables us to continue supporting families, witnesses and individuals

around Bedfordshire, Hertfordshire and Cambridgeshire.

*We would like to say a huge thank you to Waitrose for their continued support.*



### Skydivers Extraordinaire

We would like to say a high flying 'Thank You' to **Carl Klein, Amiee Phillips, Suki Bains and Liam James** for taking to the Skies and throwing themselves out of a perfectly serviceable aircraft in the name of RVT.

Between them they have amassed an amazing £3,387.46 for the Trust, which will help the Trust support three people in the coming 12 months.

*Thank you for making a difference.*

### Collection Days

RVT would like to thank, Sainsburys of Potters Bar, Asda Living of Peterborough, and Tesco of St Neots, for having us as guests on their charity awareness days, your support allows us to reach local people and helps us create awareness in the local community. **Thank you!**



**Darren Matussa** from Hertfordshire donned his running shoes and took part in not one, but two events for RVT, the Gt North Run on 13 September and the Frankfurt Marathon on 25 October and has raised nearly £900, which will fund a Counselling Volunteer for a year and fund the monthly professional support for a Counselling Volunteer.

*Thank you Darren, you are our very own Forrest Gump.*

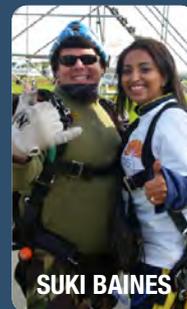


**Afternoon Tea** was served by Anne McKeegan and Jenny Hillam on a lovely September afternoon at Jenny's home.



The ladies had a lovely time raising money for the Trust and raised £237 which will help fund the monthly professional support for a Counselling Volunteer.

*Thank you ladies.*



SUKI BAINES

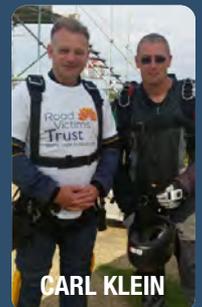


LIAM JAMES

### RVT Skydivers Extraordinaire



AMIEE PHILLIPS



CARL KLEIN