

NEWS

Issue 5 – May 2016

Road
Victims
Trust
Giving hope to rebuild lives

'Welcome to the 5th Edition of the Road Victims Trust Newsletter. We hope you find it informative and interesting. The Trust is going from strength to strength. We thank all our supporters in helping us to create a sustainable future for the Trust and for the people we help.'

Chief's Declaration on Road Collisions



Chief Constable Alec Wood and heads of other emergency services and local authorities have signed a declaration of intent to reduce the number of road collisions in Cambridgeshire.

The chief officers rubber-stamped the commitment at a conference held by the Cambridgeshire and Peterborough Road Safety Partnership on 28 February 2016.

The event at Huntingdon Racecourse featured speeches by Gillian Beasley, Chief Executive of Cambridgeshire County and Peterborough City Councils; Dr Liz Robin, Director of Public Health at the County Council and Peterborough City Council; Mark Turner, Chief executive of the Road Victims Trust and Dr Simon Lewis, Clinical Director at the East of England Trauma Network.

The conference also saw Cambridgeshire's Police and Crime Commissioner, Sir Graham Bright, launch a road safety casualty reduction and support fund, which will provide about £100,000 annually to support the partnership's work. Provisional figures show that last year, 34 people were killed in collisions on the county's roads, while 309 people were seriously injured and 2,256 people were slightly injured.

Cllr Steve Criswell, chair of the Cambridgeshire and Peterborough Road Safety Partnership, said: "This conference and declaration represents a commitment by all agencies to work together to prevent collisions and reduce the impact and severity of those that do happen.

Every death and life-changing injury which happens as a result of a collision on Cambridgeshire's roads is one too many."

The declaration, signed by Mr Wood, Sir Graham, Acting Chief Fire Officer Chris Strickland, Dr Robin and Ms Beasley (pictured above), states:

'We want to reduce the number of collisions on our roads and therefore the number of people killed or seriously injured as a result and the subsequent impact on individuals, their families and the community.'

It then sets out the ways this will be achieved, including prevention and early intervention, speed limits and road layout, providing a swift and joined-up response to collisions, and supporting victims and their families.

At the conference, there was a 'question time' session in which attendees were invited to question chiefs.

The conference coincided with a THINK! campaign targeting drug driving, which ran throughout February and March in Bedfordshire, Cambridgeshire and Hertfordshire.

Say Hello . . . to Trustees Rosaline Wong and Les Ebdon

Rosaline Wong has joined the Board of Trustees.

Rosaline qualified as a Solicitor in 2003 and joined Ashton KCJ in 2014. Prior to this she was a midwife and a senior NHS

Manager. She has a broad range of experience in clinical negligence claims and specialises in fatal accidents, birth injury, and injuries of significant severity. She often represents families at inquests.

Rosaline's skills and expertise as a lawyer have been noted by Chambers & Partners and Legal 500. She is known for her expertise in birth injury and obstetric cases and has a very pragmatic approach to work and is very determined for her clients.

Rosaline said: "I am looking forward to serving as a trustee of RVT, as supporting victims of road traffic collisions is a cause close to my heart. I hope to become more involved in the direction that this charity takes."



Les Ebdon grew up in Hertfordshire and after studying for his BSc and PhD in chemistry at Imperial College, London went on to an award-winning career in analytical

chemistry at the Universities of Makerere in Uganda, Sheffield Hallam and Plymouth. The latter conferred a personal chair on him in 1986 and he was Deputy Vice Chancellor for 14 years before moving to the University of Luton as Vice Chancellor and Chief Executive in 2003. Les led the formation of the University of Bedfordshire in 2006 from the merger of Luton and De Montfort University's Bedford campus and became the first Vice Chancellor. He retired from this post in 2012 and is now the Director of Fair Access to Higher Education, an independent regulator reporting directly to Ministers and Parliament. Professor Ebdon was made a Commander of the British Empire (CBE) in the New Year's Honours List in 2010 and Her Majesty's Deputy Lieutenant for Bedfordshire in 2011. Les is a father and grandfather as well as a Baptist deacon and lives in Hitchin with his wife Judith. He became a Trustee in 2012.

Council Supports Awareness Campaign

Dacorum Borough Council is supporting RVT's new awareness campaign in Hemel Hempstead Town Centre. The campaign will appear for a period of two months and will run from 9am – 5pm every day for one minute every hour.

The Mayor of Dacorum Councillor Gbola Adeleke attended the launch of the campaign along with the parents of Jake Chapman, who is the face of the campaign.

Councillor Adeleke said: "It was a moving experience for me to meet Mr and Mrs Chapman, the parents of Jake Chapman, who was a road victim. Their courage and support to have Jake as the face of the campaign is truly amazing and will be a great help to other families. The work of the Road Victims Trust is a worthy cause to help support those who have been affected by the grief and trauma of a road death, and I hope through this campaign, all road users will appreciate the precious gift of life."

Jake's parents, Janet and Ray Chapman were delighted to have Jake chosen as the face of the Campaign and Janet said: "Ray and I were very honoured to have been asked if our son Jake Chapman could be the 'real' face of the Road Victims Trust Campaign in Hemel Hempstead. Of course, we said yes straight away when we were asked. Without the RVT we would have struggled to come to terms with what had happened and with day-to-day life.

The work that they do is invaluable and is there for as long as required. We hope that with the help of the campaign in Hemel Hempstead the RVT will become known for the work that they do, and hopefully it will help to raise much needed funds for this very worthy charity."

Our thanks go to Dacorum Borough Council, Mayor Adeleke and Janet and Ray Chapman.



The knock no-one wants

PC Sam Sparkes has been a police officer for 20 years.

She has spent ten years as a traffic officer, eight of which have also been spent as a Family Liaison Officer (FLO).

She is also the Family Liaison Officer coordinator for the Bedfordshire, Cambridgeshire, and Hertfordshire Roads Policing Unit.



'I've been cried on, I've been hugged, and I've had things thrown at me. There is no standard way that someone reacts when you tell them their loved one has died.

My heart will be pounding as I go to knock on the door – I know that I'm going to change a family's life forever. The words that I use are important – they will remember that moment for the rest of their lives. I never say someone has been fatally injured – people will cling on to the word injured. Instead I will say dead, died, or killed.

Some people will have a lot of questions. It can be hard for them to comprehend that their mum, child, girlfriend, husband, is gone. Some people won't believe it until they've seen the body. I'm always very honest. I have to be, as information will come out in the inquest anyway.

I tell people that they can ask me anything they like, but they need to be prepared to hear the answer, you can never 'un-hear' it. I will never lie about how a body looks. Incidents involving young people are particularly tough; it's unnatural for parents to have to bury their children.

A particularly difficult job was a road traffic collision around three years ago in which three teenagers were killed and one was left with life-changing brain injuries. The driver was due to turn 18 just two weeks after the accident. The teenage driver had the same birthday as my son, which really hit home with me.

Myself and another Family Liaison Officer (FLO) supported all four families as well as providing support to people at their college.

After the inquest I got a text from his mum saying that there was no way she would have got through it without me. That meant the world to me.

It's always a special feeling when a family says thank you. They're going through the most devastating time of their lives, and when they still find the time to thank me, I know I've done a good job.

You don't expect to wave your loved one off to work, only for them never to return. That's why I never leave my house on an argument, and I never go to bed on an argument. I always tell my loved ones that I love them when I say goodbye, just in case.

My cousin was killed in a car crash before the FLO role existed. What my family went through was horrendous, and I don't want any family to go through what we had to, that's why I'm a FLO. That's why I'm passionate about the role of the FLO, and that's why I do this job, despite how hard it is.'

Sam stated: "The Police enjoy a fantastic working relationship with the Road Victims Trust. Their expertise and professionalism dealing with the victims of road death compliment the role of the FLO and ensures that the best possible service can be provided to people at their moment of need"

RVT is a finalist in the Inspiring Hertfordshire Awards 2016

RVT is proud to announce it has been chosen as one of five finalists in Community Champion Awards category of the Inspiring Hertfordshire Awards 2016.



The Awards Gala Dinner on Thursday 19 May will take place at the Porsche Centre, Hatfield.

This award will recognise the achievements of an individual or organisation that has made a significant impact in their local community defining the values of Volunteering, Achievement, Community and Inspiration.

The judges will be looking for:

- Exceptional commitment to an unpaid activity
- Contribution to other people's lives or to a community
- Going above and beyond the call of duty

We hope we walk away with the award which will honour all our wonderful Counselling Volunteers as we feel the award belongs to them. Keep an eye on Facebook for the result.

www.facebook.com/road.victimstrust

Recent Events

Local Business Supports Local Charity

Grant Palmer Ltd, a family owned Bedfordshire business, is supporting the Road Victims Trust by displaying posters of the charity's logo on the rear of its bus fleet. The posters will be seen across Bedfordshire and will serve as a reminder to all who see them that the Trust is there to support all those affected by a road death.



The launch was attended by business owner Grant Palmer, Bedford Mayor David Hodgson and Chief Executive of the Road Victims Trust, Mark Turner. Talking about the poster campaign, Mark Turner said: "This continues the excellent support that we have received from Grant Palmer over the years. Each year over 85 people are killed on the roads of Bedfordshire, Cambridgeshire and Hertfordshire leaving a wake of devastation for the families and friends left behind. The Trust

provides free emotional and practical support to all persons affected by a road death and we need the help of many people to make this a reality."

Grant Palmer said: "We are delighted to support the Road Victims Trust. We recognise the vital work that they carry out to support local people at their time of need and we are honoured to continue our support to them."

Mayor David Hodgson said: "The Road Victims Trust does excellent work supporting residents of Bedford Borough who have been affected by the grief and trauma of road death. I hope the charity's new logo and artwork help it to raise funding for its extremely valuable work, through its 21st year and beyond."

Two Run London Marathon for RVT

Each year the Road Victims Trust is allocated one 'silver bond' place for the iconic London Marathon. This year Simon Burgin a traffic officer with Cambridgeshire Police took on the challenge for RVT finishing in 5hrs 52 mins and raising £2,864.70 to date. *We can't thank Simon enough for taking part in the marathon for us and doing such a splendid job.*



Simon was not alone. Darren Matussa, our very own Forest Gump, also ran the marathon with his own ballot place. He managed a very respectable 3hrs 3mins and has raised nearly £1,000 for RVT.

There is still time to show your support for Simon and Darren at:

<http://uk.virginmoneygiving.com/SimonBurgin> <https://www.justgiving.com/DARREN-MATUSSA1/>

'Extramile' Challenge Raises £8,000 for RVT

We were so grateful to receive the support of the Extramile Challenge 2015, and delighted to be one of the three charities nominated by The Rotary Club of Bedford Park and Milton Keynes to receive a cheque for £8,000.

In total 160 cyclists took part in the 500-mile event which took place in France in September 2015.

The Extramile Challenge has raised in total £1.4 million in its 13 years and all money raised has been donated to local charities. We would like to take this opportunity to thank both the Rotary Club and the riders who took part in the 2015 event and wish them well for the 2016 event.

If you are a cycling enthusiast and would like to take part in the event this year please go to:

<http://www.extra-mile.org.uk>

April Fool's Skydive

The Henney and Marfleet families took to the skies on 1 April to raise funds for RVT in memory of Jan Henney who was tragically killed in 2012.



Caroline Henney said: "Our team did a tandem skydive on 1st April for the Road Victims Trust in memory of my daughter Jan. It was a lovely day, friends and family turned up to watch. Jenny came to give us support. My nerves finally set in but it was the thought of Jan's smile that motivated me. Her smile which to me always looked like it was saying "oh really, mother, what are you doing that for!" It was exhilarating, my tandem asked if I would do it again, but it probably wouldn't be the same a second time.

I would highly recommend it to other potential fundraisers. People have said I am brave and should be proud of myself for jumping out of a plane but carrying on after Jan was killed was much harder. I am brave and proud of myself for not cocooning myself away or hiding in a bubble. I would have not been able to achieve it without the counselling I received from the Road Victims Trust.

I would like to thank the rest of the 'April Fools' team, my son Joe and my nieces Laurelle, Yvonne and Colette and my daughter Lisa who has deferred her jump. I am proud of them all and so pleased that we were able to raise over £3,000 for the Road Victims Trust with the help of donations from family, friends and well-wishers."



Supporters' News

London Nightrider 2016

RVT has a seven-strong team taking part in this year's London Nightrider cycling event which takes place on 4th/5th June. The course is 100k long and takes in the sites of London by night.

Starting at Lee Valley VeloPark, the highlights include Queen Elizabeth Olympic Park, Tower Bridge, Canary Wharf, Piccadilly Circus, Trafalgar Square, Royal Opera House and the London Eye. Full support, back up and regular break stops are provided throughout the night and a well-earned breakfast and medal at the finish.

The RVT Nightriders include Mike McKeegan and Tim McKeegan who are both riding in memory of Jamie McKeegan, Steve Uff, Robert Marfell, Craig Hall, Chris West, and Ian Brookes. <https://www.justgiving.com/teams/RVT1>



Marlow 5K

Mark Hillman is taking on the Marlow 5K on 8 May for RVT. Mark said he agreed to this after consuming a few glasses of alcohol and

regretted it later, but he decided to do it and dedicate it to his mum who was killed in a collision and friends who he has lost to car-related accidents.

Mark said: "I know it's not far, but for me it's a marathon! If you want to see a fat sweaty bloke with dodgy knees cross the line, feel free to come along on the day to Marlow Park."

To support Mark go to:

<https://www.justgiving.com/Mark-Hillman2>

Team 'Trusty Belles'

Meet team 'Trusty Belles', the lovely ladies will be taking on the Colour Rush at Willen Lake this year to raise much needed funds for the Trust.

The ladies will have to run the gauntlet of the obstacle course while having water and paint thrown at them . . . a mixture of fear and fun we suspect.

To show your support for the ladies please visit their fundraising page:

<https://www.justgiving.com/teams/TrustyBelles> Good Luck Trusty Belles.



The Big Ride

Hywel Ford and Charlie Ballard are cycling from Edinburgh to Cambridge, some 400+ miles for RVT on 12th June. We are very grateful to Hywel and Charlie for taking on this mammoth journey and wish them every success with the ride.

Hywel said: "Those of you who know me well will also appreciate that I have a natural affinity toward this particular charity, the Road Victims Trust. They stood by the Wellbelove family when Arch lost his life in a tragic road accident."

If you would like to show your support for both riders and RVT please go to:

<https://www.justgiving.com/Hywel-Ford>



Firefighters Get Muddy for RVT



Four firefighters Dan Foord, Robert Boswell, Matthew Dockin and John Parker from Cambridgeshire Fire Services based at Sawston Fire station, are taking on the Midlands Tough Mudder challenge on Saturday 14th May at Belvoir Castle, Grantham to raise funds for the Road Victims Trust. To show your support for the 'Fab Four' please visit their fundraising page:

www.justgiving.com/Cambridgefirefighters

Boots, Wheels and Blisters . . .

The Thornton family have decided to embark on an intrepid adventure with their parents acting as a support team.

THE CHALLENGE: Their journey will begin by climbing Mount Snowdon, cycling 200 miles to the Lake District to climb Scafell Pike and then cycling 250 miles to Glen Nevis to finally climb Ben Nevis . . . and all in aid of the Road Victims Trust. The family are doing this in memory of their Grandma and friend Archie Wellbelove.

To support the Thornton's:

<http://www.justgiving.com/Georgina-Thornton>



Forthcoming Events

Dates for your diary in 2016



Saturday 21 May – THE GREAT ESCAPE

Nine teams are taking part in this year's event. Teams of four in fancy dress will be dropped off in a secret location 150 miles away with no money, phone, or credit cards, given a set of 30 tasks to perform before racing back to Bedford in the quickest time, raising money along the way for the Road Victims Trust.

May

- 12th – Luton & District Electrical Society Charity Golf Day at Dunstable Downs Golf Club
- 14th – Cambs firefighters take on **Tough Mudder**
- 21st – **Afternoon Tea** at Aldenham Church St John the Baptist, Church Lane, Aldenham, WD25 8BE – All Welcome!
- 21st – **The Great Escape** (See above)
- 28th – **Boots, Wheels and Blisters:** The Thornton Family

June

- 4th – **Colour Rush:** Willen Lake, Milton Keynes
- 4th/5th – **Nightrider 2016:** London
- 5th – **The Big Lunch:** Bedford Park
- 12th – **The Big Ride:** Hywel Ford/Charlie Ballard

July

- 13th – Kempston Concert Bands **Summer Concert** at Kempston East Methodist Church.
Tickets £5 and £3 available on the door or by calling **01234 851516**
Refreshments and Raffle.
- 23rd – **Family Fun Day** at Wootton Blue Cross in aid of RVT

September

- 3rd/4th – **Tandem Skydive:** Sibson Airfield
Please get in touch for further details.
- 17th – **Afternoon Tea** for RVT

October

- 22nd – **7 for 7 in 7:** Seven half-marathons in seven days.
Please get in touch for further details.

November

- 20th – **Service of Remembrance:** St Pauls Church, Bedford
- 5th – **RVT Ball:** The Park Inn, Bedford

December

- Date TBC – **Christmas Quiz**

For information on all the events above please contact Jenny Hillam

E: jennyh@rvtrust.co.uk T: 01234 843345

Sunday 5 June – Save the Date!

THE BIG LUNCH



After the success of the 2015 event 'THE BIG LUNCH' is back by popular demand and will be bigger and better. The event will again be held in Bedford Park.

Bring the family along with a picnic, enjoy live music, browse the 30 craft stalls, watch the entertainment in the main arena, enter your dog in the dog competition run by HULA, enrol the children in the mini Olympics and meet Esla and Olaf. There will be the usual bouncy castles and other attractions you can take part in. There is something for both old and young alike! Check out our Facebook for updates <https://www.facebook.com/road.victimstrust>

If you are a stallholder and would like a stall please get in touch (details below).

We are also looking for Tug o' War teams and volunteers to help out on the day. For further details contact: Jenny Hillam jennyh@rvtrust.co.uk or 01234 843345

Saturday 18 June

RVT ANNUAL 20 MILE WALK (Bedfordshire)

If you would like to join us for our annual 20-mile walk this year please get in touch. The walk will commence at Kempston Rovers FC at 10am and we will then make our way into North Bedfordshire to take in the surroundings of Bromham, Stevington, Pavenham, Oakley and Clapham before returning to Kempston. For further details contact Mark Turner: markt@rvtrust.co.uk



THANK YOU'S

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.



On Sunday 20 March Kempston firefighter **Steve Uff** took part in the Vitality North London Half Marathon to raise funds for RVT and a grand job he did too raising a fantastic £636 for us.

Well done and thank you Steve

Amiee Phillips, our very own seasoned adrenaline junkie, has been at it again. This time she took on the mile-long Zip World Velocity, in Bethesda, Wales – the fastest zip line in the world and the longest in Europe. Amiee said: "It was incredible, I was lost for words. The little zipper was a taster at 36mph and then being the first one to go at over 100mph was the best feeling ever." She informs us her next event for RVT is a Bungee Jump . . . Go Amiee! *Well Done Amiee and a huge THANK YOU!* If you would like to have a go at the Zip wire experience contact Jenny Hillam our Events Manager: jennyh@rvtrust.co.uk



Geoffrey Leaver – 'Save of the Day'



When we put a call out for help on Facebook after being offered the opportunity to hold a collection at the MK Dons v Rotherham match on Saturday 9 April with only two days' notice, the fabulous staff at Geoffrey Leaver Solicitors, along with friends, family and a Volunteer Police Cadet, came to our rescue, collecting £299.41 for the Trust.

Mairead McErlean from Geoffrey Leaver said: "At 1.30 the sun was shining. By 2.45 we were standing in the hailstones! I think the hailstones helped because people seemed to be quite generous when we looked a bit bedraggled!"

We can't thank our bank of collectors enough for coming forward. Our thanks go to MK Dons, Geoffrey Leaver Solicitor, Mairead McErlean, Eileen McErlean, Margaret McErlean, Doreen Charlton, Brian Charlton, Sakshi Gupta, Neeraj Gupta and Rosie White McColl.



The Chapman family from Baldock held a charity event at The Rose and Crown Baldock on 26 February to raise money for RVT. The event was a great success and raised £675. A huge thank you to all the local businesses that offered up raffle prizes for the event too.



We would like to say thank you to Janet and Ray Chapman and friends who supported the event.



Thank you to **AFC Kempston Town and Bedford College** for the continued support of RVT. Here the boys are showing off their lovely new kit which shows off the RVT logo very nicely. *Thank you to Gary Ingerson and the boys for being such wonderful models.*



Ken Parsons of Bedford Sports Massage held a quiz on Saturday 12 March. Around 200 people enjoyed a great quiz, great fish and chips, and a great band. Ken

chose The Road Victims Trust as his charity of the year and raised £1900 on the night which will go towards his total for the year. *Thank you Ken and all who supported the event.*



The Cambridge Scooter Club held a St George's Day Ride Out around Cambridge on 9 April and chose the Road Victims Trust as their charity of the day. The event was attended by 300 scooters and riders from various clubs around the UK. There were some pretty impressive bikes to see and the riders were very friendly supportive of RVT, so much so that the day raised in excess of £500.

We would like to thank Dick Middleton, the Cambridge Scooter Club, and all the riders that attended on the day, for their support.



Mayor of Kempston Councillor Mohammed Masud chose the Road Victims Trust as his charity of the year for 2015/16 and handed over a cheque for £1,250 to Alison Panton (Trust Administrator) and Jenny Hillam (Fundraising and Events Manager). The money was raised from a Curry Night and Quiz Night.

We are very grateful to Councillor Masud for his support this year.

The Duo Fraternitates Masonic Lodge in Bedfordshire kindly donated a lap-top and projector for use by our Coordinating Team.

Eddie Swann, who nominated the Road Victims Trust, said: "We are delighted to support a local charity who do so much to help people whose lives have been devastated."



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 support to people in their time of need.

Help and support can take many different forms.

We need volunteers for our **BIG LUNCH** event on 5 June in **BEDFORD** and for our **ASDA BAG PACK** on 18 June at **ASDA PETERBOROUGH**.

If you are able to offer a couple of hours of your time please contact **Jenny Hillam**, she would love to hear from you: jennyh@rvtrust.co.uk

RVT Invites you to join our Club 1000 and help us to support local people affected by road death.

To be able to give the full support needed it costs on average £1,000 per person. On average the trust can support up to 250 people a year over the counties of Bedfordshire, Hertfordshire and Cambridgeshire which means we need to raise at least £20,000 a year.

You can make a significant difference to a person or family by joining our CLUB 1000. The Club is open to both companies (small and large) and individuals who pledge to raise £1000 within a one year period, to help with the cost of supporting a person or family for a year.

Once you have joined CLUB 1000 you will receive a membership certificate and a fundraising pack, plus invitations to join the many events we hold over the year. We will also promote your success on our website, social media platforms and newsletters. You will also receive our quarterly newsletter letting you know what's happening at the trust.

What do you do now?

Complete the online membership form: <http://www.rvtrust.org.uk/club-1000-membership-form>

