

SPECIAL 'RAINBOW APPEAL' EDITION

THE ALDWORTH SCHOOL CHARITY CLUB NEWS SUMMER TERM 2021



FEATURING:

FUNDRAISING FOR MIND, **A STUDENT INTERVIEW**,
CHAMPIONS OF CHARITY, **OUR RAINBOW APPEAL**,
CHARITY OF THE YEAR INFORMATION **AND MUCH MORE**



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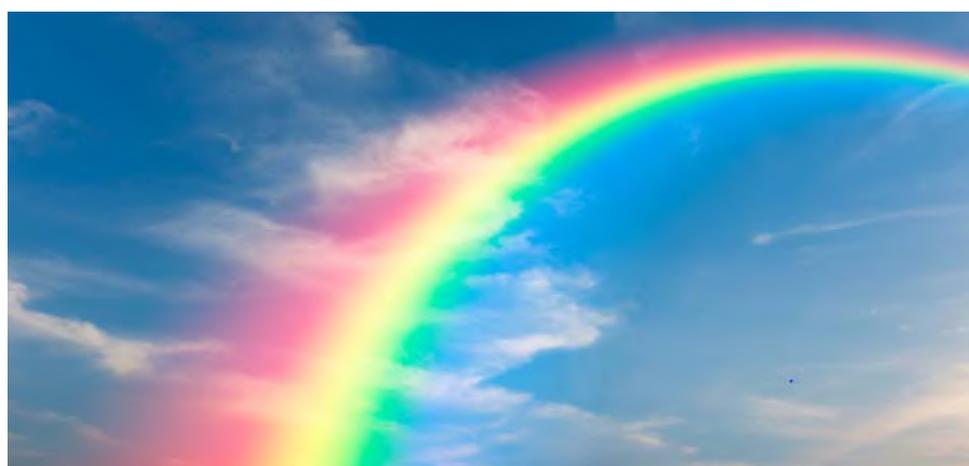
Charity Club aim to have a local 'Charity of the Year' for 2021-2022. Find out how you can vote for your favourite from those selected by Charity Club students.

17

Total

Our total so far this year thanks to **YOU**.

19



HELLO AND WELCOME

Hello and welcome to the latest edition of Charity Club News. In this latest edition that has been compiled with help from the students in Charity Club, you will find all the **latest news, features and interviews**. Plus there's news of **Charity Club's Rainbow Appeal** which will take place this month. We hope you enjoy reading it. Stay safe and have a great summer.

Mr Lewis

Charity Club Coordinator

WELLBEING WEEK IN AID OF MIND

Charity Club put on a successful Wellbeing Week in aid of Mind – the mental health charity back in May during Mental Health Awareness Week 2021. Charity Club sent out daily wellbeing emails to Aldworth staff as well as daily wellbeing posts on the school's Facebook page. These emails and posts contained lots of tips and hints about how to maintain good mental health, useful videos and links to related wellbeing websites as well as a range of other features. There was also a JustGiving page set up for donations to be made with £117 raised for the local Mind Wellbeing Centre.



Other highlights included the Charity Club students selecting a range of 'feel good' songs for their 'Positive Playlist', a 'Jokathon' during which Mr Watters was challenged to tell as many jokes as he could in three minutes, a donation day when staff and parents were asked to donate items in order to be taken to the local Mind charity shop in Hook and lots of useful resources for anyone to print off such as free local walk guides. The students also selected five teachers each that they wanted to say 'thank you' to and gave them cards and gifts. The main fundraising activity of the week



was Charity Club's 'Marathon for Mind' during which the charity club students collectively completed the marathon distance of 26.2 miles on the treadmills in the Fitness Suite after school over three afternoons. Andrew from Year 8 took part and said 'I enjoyed running the Mind Marathon. It was hard after a while, but knowing that it was for charity kept me going. I would definitely do it again. It's really important to do this so people are aware of mental health and we raise money. Every person can make a difference by doing small things'. Four other charity club students helped complete the challenge and Ethan from Year 10 said 'We found the training to be ok, but different to the actual challenge because we trained outside and not on treadmills. We slowly built up our training over the last few weeks by running around the playground before school so that we were in a good position to take on the challenge'. The students' amazing efforts were covered by the Basingstoke Gazette who published an article on the project in their print and online editions. You can still read it by searching for 'Marathon for Mind' on the Gazette's website.



CHAMPIONS OF CHARITY

A regular feature of Charity Club News is to look at a high-profile celebrity who makes a difference to society. In this latest article, Charles takes a look at the important work that Manchester United's Marcus Rashford has so far carried out.

Marcus Rashford was born on 31st October 1997 in south Manchester. He attended a primary school where several pupils got free school meals which was twice the national average - his mum worked full time and was a single parent. When he was growing up, he missed meals



as he suffered food insecurity. Marcus joined a junior football group when he was five and became the centre of attention because of his talent. At the age of seven he was enrolled at the academy of the prestigious club Manchester United. In 2015 he was ready for the Premier League. With his memories of his difficult upbringing and COVID-19, stopping school meals he thought people needed help. He wrote to all the members of parliament and managed to get £120 million of support from the government. Marcus got an MBE for his services to disadvantaged children during the COVID-19 outbreak. When receiving the good news he said "Let's stand together in saying that no children in the UK should be going to bed hungry." Marcus

Rashford continues to play a leading role in enabling these children to have free access to regular hot meals and other essential items for a happy, healthy childhood.



MEET THE CHARITY CLUB TEAM - ETHAN

Charity Club is made up of many wonderful students who have helped raise nearly £15,000 for charities and good causes over recent years. One of these amazing students is Ethan and he sat down with Mr Lewis to answer some questions about his time in Charity Club.

Hi Ethan. Thanks for agreeing to this interview. So my first question to you is what are your highlights from your time in Charity Club so far?

Whilst planning the events are lots of fun, personally I prefer running the events. Some events that stand out are the bake sales and inter-school football match Aldworth had with Brighton Hill. I really love working with the charity team.



What are your plans for future Charity Club appeals?

Charles, Max and I have been appointed as heads of running the 'Send a Cow' fundraiser in October. Our ideas include holding a non-uniform day, bake sale, leg waxing and a charity hair cut!

Do you think charity club has changed since you joined? If so, how?

We now have a reputation for raising a lot of money. For instance, we have currently raised well over £12,000 for charity and good causes. People know that we do a good job.

What do you get out of being a member of Charity Club?

I massively enjoy being part of the team because it's fun, I get a sense of satisfaction out of helping different charities, I get to work with my friends and lots more. I am delighted with all of the hard work that Charity Club has put in over the last four years and I am extremely proud of the money we have raised and the people we have helped.





CHARITY CLUB'S

RAINBOW APPEAL

12TH – 16TH JULY 2021

INTRODUCING OUR APPEAL

Welcome to Charity Club's Rainbow Appeal 2021 where we are raising money for the wonderful, magnificent NHS. Created in 1948, the National Health Service has been at the forefront in the UK's response to the global Covid – 19 pandemic and we at Charity Club truly value and appreciate all of the outstanding care the service provides. You, yourself, might know someone who has used the service and has experienced miraculous life-saving



care or you might have even been in hospital yourself and seen it first- hand. Well, it is now time to show your appreciation for the NHS by donating to our appeal. If there is only one appeal you donate to this year, we feel this should be the one. Think about the NHS staff who put their lives on the line for all of us on a day to day basis and give us outstanding care at the time when we need it the most. The NHS has provided world-class support over the last

eighteen months and continues to do so by delivering the vaccine to many millions of people across the UK. We at Charity Club feel they should all be shown a massive deal of respect and gratitude for this. You can do this by donating to our appeal now. Thank you.

NHS CHARITIES TOGETHER

Ayra from Charity Club takes a look at NHS Charities Together – the charitable section of the NHS that the Rainbow Appeal will support.

NHS Charities Together is a large charity that aims to support our National Health Service. It is based with hospitals, ambulance services, mental and community health services in all corners of the UK. In recent times, they have managed the Covid Appeal- enabling much more



help for those who need it. People have been donating to health service charities since before the creation of the NHS in 1948. The Association of NHS Charities was established at the turn of the millennia and became a registered charity in 2006. It rebranded itself as the NHS Charities Together in 2019. They strive to provide better funding for the NHS, improving the services it can offer.

They donate £1 million per day to the NHS and have raised over £150 million over the Covid Pandemic. Most famously, Captain Sir Tom Moore helped raise money for this specific charity. With 241 members, they are the largest NHS Charity in the UK and to support them in any way is an important goal for all members of the school community. Everyone at Charity Club are proud to be supporting this valuable charity and hope that you can join us in raising as much money as possible.



HOW TO GET INVOLVED

You can show your appreciation now by logging onto Charity Club's JustGiving page and donating as much money as you can. Every penny makes a difference and we want to make this appeal our biggest yet and hopefully raise £1500+. The NHS has made a difference to the UK over the last year and half so let's show our appreciation and make a difference to them in return. Thank you. Donate now at:

www.justgiving.com/fundraising/aldworthrainbowappeal

A MESSAGE FROM THE MAYOR OF BASINGSTOKE

The students from Charity Club were delighted to receive a letter from the Mayor of Basingstoke, Councillor Onnalee Cubitt, ahead of our Rainbow Appeal in July. Councillor Cubitt loves Basingstoke and Deane and considers it a tremendous honour to represent the borough as Mayor for 2021/22. Onnalee grew up in Weston Patrick and has spent most of her life in Basingstoke and Deane and she has been a borough councillor since 2008. The Mayor was full of praise for the students in Charity Club and passed on her best wishes and support ahead of the appeal.



The Aldworth School Charity Club
Aldworth School
Western Way
Basingstoke
Hampshire
RG22 8HA



Dear Aldworth School Charity Club

I wish to introduce myself to you all as the new Mayor of Basingstoke and Deane for the year 2021/22.

In view of your forthcoming Rainbow Appeal campaign at Aldworth School may I take this opportunity on behalf of the Borough of Basingstoke and Deane to thank Nick and all the students in the Charity Club who are involved in this week of fundraising activities in order to raise as much money as possible for our wonderful NHS charities. You are all amazing. It is people like you that make our borough such a great place to live and work.

My Consort, Hugo Cubitt, and I consider it to be a tremendous honour to represent the people of Basingstoke and Deane Borough for this civic year 2021/2022. We very much look forward to meeting as many of you as possible throughout my Mayoral year. Please don't hesitate to contact us during our year. We would love to support you in any way we can.

We wish you every success in your Appeal.

Good luck.

With very best wishes

Yours sincerely

Cllr Onnalee Cubitt
The Mayor of Basingstoke and Deane

REAL LIFE STORIES

The inspiring NHS has played a monumental role over the last year and half in the fight against the pandemic. However, they deliver a world-class health care service year in, year out. Here are a number of 'real life' stories from Aldworth staff who had a lot to thank the NHS for.

MISS WARD

I was unfortunate enough to become very unwell with COVID-19 towards the end of December.

My daughter initially caught it and shortly after I became quite ill which resulted in breathing difficulties.

I was taken to my local hospital and admitted so that they could treat my breathing difficulties. The staff were amazing despite being heavily overworked with the volume of patients, which did not stop whilst I was there and in fact, more patients continued to arrive every half hour. Despite being short of beds and working beyond their expected hours, they all remained cheerful, caring and completely dedicated to giving the best care possible to their patients.

I cannot thank the NHS team enough. The care I received was outstanding despite the challenges they faced and the ever-changing demands on them.



Thank you NHS. You are our real life superheroes.

MRS LAWRENCE

I had a brilliant experience with the NHS when I had my baby. The midwives were so attentive and kind. Nothing was too much trouble and everyone who looked after me was gentle and



asked my permission before they did anything. I felt safe throughout my hospital stay. We owe so much to the all the NHS staff for their dedication and care they provide. They put their own lives on the line on a daily basis and I really don't think we value them as much as we should. **They play a huge role and I am looking forward to supporting them by donating to Charity Club's Rainbow Appeal.**

MRS RICHARDSON

It is hard to put into words what the NHS has done for me over the years but it is not an exaggeration to say that I would not be here without them today. My story begins in 1982. I was due to be born in September but (true to form) was far too impatient for that and decided to show up 3 months early. I was born in July at only 28 weeks old and weighing 2lbs 12oz - or the same amount as a bag of sugar.

My parents had been told that I needed to be born by emergency caesarean or my Mum would die. My Mum was not well enough, so my Dad was given the task of naming me and I was given an emergency birth certificate because they did not think that I would survive long enough to be registered more formally.

In the early 1980s when I was born, many babies born at that age and weight just did not survive and those who did often had a disability of some kind. But I was one of the lucky ones and after spending over 2 months in hospital, including a long period of time in an incubator, I was allowed to go home that September.



I feel one of my greatest accomplishments since then is growing to the grand height of 5 ft 1 inch - the doctors told me I would never be taller than 5 ft - so I consider that a real 'win'! Since becoming a Mum myself, I find it even harder to look at this photo and see how tiny I was in that incubator - particularly when you compare my teensy arm with the nurse's arm next to me. I am supporting Charity Club's Rainbow Appeal because I would not have survived my birth without the NHS. **Thank you NHS – you are amazing.**



ON THE FRONT LINE

The NHS is one of the world's largest employers and employs amazing and dedicated professionals who provide a world-class health care service to the UK population. The students in Charity Club had the opportunity to interview one such NHS worker about her role and provided her with a range of interesting questions.

NAME: Rachel Datson

JOB TITLE: Senior Children's Continuing Care Nurse

WHY DID YOU JOIN THE NHS?

I have worked for both the NHS and within education in nursing roles in my career. I joined the NHS because I believe it is one of the most amazing privileges that exists in the UK. No other country in the world offers medical services to everyone, for free.

The NHS is a rewarding place to work and is one of the largest employers in Europe with over 1.3 million staff. It has offered me challenging, but exciting opportunities to learn new skills. I work with amazingly supportive and knowledgeable colleagues. We support each other and are passionate about caring for the health of children and families on a daily basis.

I love my job and feel privileged to be able to use my skills to help children and their families live as healthy and fulfilling a life as possible.

Being a nurse has made me thankful for so many things.

HOW HARD WAS IT TO WORK IN THE NHS OVER THE LAST YEAR AND A HALF?

Covid – 19 has been a shock to everyone. At times it has been frustrating and exhausting. Not being able to access services for my patients due to many having to isolate. Learning new processes of working and having to wear PPE (personal protective equipment) and FFP3 masks – special masks

we have to wear when we perform an aerosol generated procedure, such as suctioning.

Communication - Many of my patient's use sign language and are non-verbal, so wearing a mask has proved difficult for them to lip read.

Care – Assessing my patient's in PPE and masks was a frightening experience for children. Isolation for many vulnerable children and their families for long periods of time caused anxiety. Especially for children accessing special schools, the fear of returning to school and not recognising staff members, was immense when lockdown eased.



Kindness – One of the difficult aspects reported by staff in a special residential school was not being able to hug a child who was feeling homesick. Not being able to hold a hand and give a hug to a child or parent when they needed one. Sometimes a hug, a show of kindness is all we need.



WOULD YOU HAVE JOINED THE NHS DURING THE PANDEMIC? IF SO, WHY?

Yes, I joined the NHS during the pandemic. I worked in a specialist trust school caring for children living with life limiting disorders. I then decided to join a continuing care team in the community. My

role means that the experience I have gained doing clinical work in hospital and schools, I can now deliver in the children's home.

HOW DO YOU THINK THE NHS HAS COPED OVER THE LAST YEAR AND A HALF?

I think the NHS have been world leaders throughout the pandemic. Many other countries around the world have looked to the UK for guidance on the roll out of the vaccination programme. It has been a tough year and a half for everyone. The NHS has been under a lot of pressure with the volume of patients requiring care, however, all the health care professionals I have worked with have continued to deliver optimal, compassionate care to all their patients to the best of their ability.

WAS IT A BOTHER TO WEAR PPE IF YOU HAD TO WEAR IT OR DID YOU GET USED TO IT?

I trained as an children's oncology nurse and delivered chemotherapy to children from 0 – 16 years, so I was used to wearing a certain amount of PPE in that role. The precautions with Covid-19 have been more extreme obviously. I don't think I will ever get used to wearing FFP3 masks or other masks. I wear masks to protect myself and my patients, but they are hot and uncomfortable to wear for long periods of time. Like all of you I am sure, I hope, that one day soon, I can meet my patients face to face without a mask. I always greet my patients with a smile and one day soon they will actually be able to see it.

Stay safe and thank you all for listening to my journey.

Rachel 😊

WHAT'S ON

Charity Club have got a week of fun-filled activities lined up around school in order to raise as much money as possible for NHS Charities Together. All events will be contained within the separate year group 'bubbles' and for most of the events, students are allowed to bring money into school in order to participate if they wish to. Students will be required to follow the Covid safety measures that have been put in place at each event in order to keep everyone safe. We look forward to seeing as many students at our exciting events as possible.

NON-UNIFORM DAY

FRIDAY 16TH – ALL DAY / £2 PER STUDENT

PLEASE PAY AT OUR JUSTGIVING PAGE:

justgiving.com/fundraising/aldworthrainbowappeal

KEEP
CALM
IT'S NO SCHOOL
UNIFORM

YEAR 7 RAINBOW APPEAL FAIR

WEDNESDAY 14TH – 3.00PM - 4:15PM

STALLS, XBOX COMPETITION, TUCK SHOP AND MORE!

STUDENTS CAN BRING IN MONEY FOR THIS EVENT

YEAR 8 TUCK

SHOP

FRIDAY 16TH – BREAK TIMES

STUDENTS CAN BRING

IN MONEY FOR THIS EVENT

YEAR 9 TUCK

SHOP

WEDNESDAY 14TH – BREAK TIMES

STUDENTS CAN BRING

IN MONEY FOR THIS EVENT

YEAR 10 TUCK SHOP

THURSDAY 15TH – BREAK TIMES

STUDENTS CAN BRING IN MONEY

FOR THIS EVENT



LOCAL HEROES

One regular feature in Charity Club News is to shine a light on the extra-ordinary work of those local people who go above and beyond to make a difference to the local community. In this latest feature we would like to tell you about the work of three people from the Basingstoke Foodbank.

First of all, we would like to introduce Pauline who has worked at the Foodbank most Fridays for the past nine years. She says ' Many years ago whilst on a retreat, I heard God speaking to me saying "Feed my lambs, feed my sheep". I didn't know what that meant despite thinking and praying about it. However when there was talk of opening a Foodbank in Basingstoke, I truly believed that was what God was calling me to be involved with. I like meeting, greeting, signposting and listening to clients. Why do I work at the Foodbank? Well I love to help those who are struggling for whatever reason as we know that anyone can reach crisis point and we want to help



when that happens. We aim to restore dignity, revive hope and build community. I love working with the team and the clients and helping in any way I can'.

Another amazing couple of volunteers are Paul and Sue Wernham who not only liaise with local schools in order to run donation days but put in many hours at the depot as well. They said 'We get out so many positives from volunteering at the Foodbank such as when we turn up at every shift, we know we are making a difference to many lives locally. We are also working as a united team with Christians from different churches in our town and this is very satisfying. We also enjoy the camaraderie of being part of a brilliant team and we find it immensely humbling, when meeting grateful clients, offering them help and hope as well.' We at Charity Club are enormously grateful for individuals like those we have highlighted here and these are people that make Basingstoke a great place to live and work in.



FEEDBACK ABOUT THE FOODBANK

March 2021

Message from School Support Worker C:

Hello, firstly, can I please say a MASSIVE thank you from Miss B and myself.

I rang the Mum this morning to see how she was and she said that she was absolutely blown away by the food parcel she received last week. She said that if she could have hugged the lady who delivered it, she would have done.

Mum said that the parcel has not only helped her financially but mentally as well. Mum has not been shopping for over a year and the thought of having to go shopping now she is on her own, with 2 children in tow was going to take some doing.

Thank you once again, I REALLY hope you realise the difference you are all making.

From client B:

Just thank you for your kind help at this time in my life. A very BIG thank you, to you ALL for your kind help and delivering me food and essential items whilst my financial situation is very low.

Thank you to all who have made donations and to all of you that take your time to package and deliver to others. It is very much appreciated especially in this current climate.

Once I'm back on my feet I will make donations to help someone else in hard times.

Stay safe and well.

Kindest regards B

CHARITY OF THE YEAR 2021-2022

We, at Charity Club would like to raise money for and focus on a local charity for the 2021-2022 academic year as well as our other planned fundraising. Therefore, we will ask everyone in the Aldworth community to vote for their choice of a local charity from a short list drawn up by Charity Club students. Here is the students' shortlist.

ETHAN – THE BASINGSTOKE CANAL TRUST

In 1932 the Basingstoke canal tunnel collapsed blocking up the canal that had been in service from London to Basingstoke since 1789. It was such a phenomenon it was even put on the 1789 one shilling coin! The route is still accessible to walkers and cyclists and people have

been enjoying the lovely countryside on a lovely stroll for hundreds of years. But it needs refurbishment to keep our heritage alive and the century's old water way in working order.

I think this should be the local Charity of the Year as it is unique and is part of our history so please vote now.



ARYA - CHRYSALIS

Chrysalis plays a vital role in supporting those who belong to the transgender community, not only in Basingstoke but across the south.

I want you to vote for Chrysalis for Charity of the Year because they are the leading South Coast Charity for transgender rights. They

support families, friends, employers, along with transgender and non-binary people themselves, promoting equality, inclusivity and diversity.

CHARLES – HAMPSHIRE SEARCH AND RESCUE (HANTSAR)

The Hampshire search and rescue team are volunteers ready 24/7, 365 days a year. This team is helping out the police and different services, they help with all sorts of situations like in today's climate with covid.

Please vote for this charity as it may help you or your family and friends.

ANDREW – BASINGSTOKE FOODBANK

I would like to nominate The Basingstoke Foodbank for Aldworth's Charity of the Year. Every day some people in Basingstoke go hungry because of losing their job, low income, mental health problems, illness or other crises.

I think Aldworth parents and guardians should vote for the Foodbank because nobody should go hungry and in Basingstoke last year over 8500 three day emergency food supplies were given out which shows how much local families need our support.

MAX – PARKINSONS UK (BASINGSTOKE BRANCH)

Parkinson's charity Basingstoke Branch provides an essential service for people living with this devastating and incurable condition in the local community. They are wholly funded by local donations and do not receive contributions from their parent charity.

Please vote for this charity as even though Parkinson's is incurable this charity helps people living with the condition to make their life as easy as possible.

HOW YOU CAN VOTE

- On Facebook – follow the link.
- Drop us a line at the Charity Club email address with your preferred choice.
- Follow the link sent via email.

You can vote at any time on Monday 19th and Tuesday 20th July with the winning charity announced on Wednesday 21st.

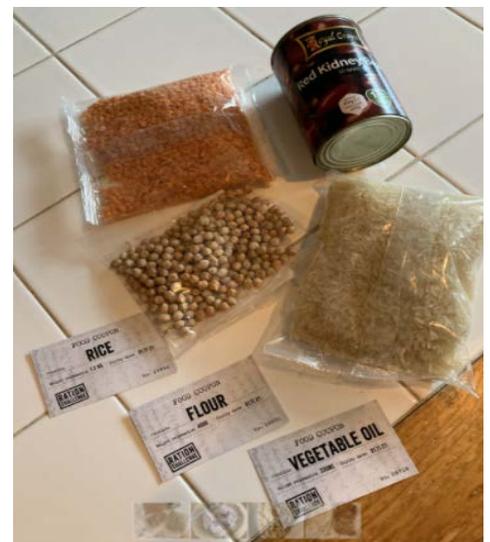


MRS ALLEN'S RATION CHALLENGE

Mrs Allen from History took part in a recent 'Ration Challenge' for charity and had to survive for a whole week on a very small amount of food and drink. Well done Mrs Allen!

She says 'Last month I undertook the Ration Challenge, organised by the charity 'Concern WorldWide'.

For one week I lived on the rations of a Syrian Refugee living in Jordan. This consisted of rice, flour, chickpeas, kidney beans and lentils - but all in small quantities. As a result of raising £828 I was also allowed a few rewards - salt, a small bunch of spring onions, a can of tomatoes and two eggs. Foolishly I used these rewards early on in the challenge as I was desperate for something with flavour.



Breakfast mostly consisted of flat breads made with flour and water, then lunch and dinner were rice with something mixed in (though not at the end of the challenge as I only had rice left at the end.) There were different struggles along the way. Day 2 and 3 were the hardest in terms of feeling hungry. I didn't stop thinking about food as the portions were much smaller than I was used to. I also realised how reliant I am on snacking! This was something that I wasn't able to do all week.



Day 6 and 7 were hard too because I was totally fed up of eating bland food - to the point that I didn't want to eat at all. It made me realise just how important food is to me, fortunately not for my survival but for bringing me joy. I realised that I have always taken flavour for granted.

Refugees are given just enough for survival but are not able to get pleasure from their food. I definitely lost a little weight and could tell I was run down. The lack of fresh fruit and veg was not good for my digestive or immune system. The challenge is now over but I urge you to donate to Concern WorldWide or other charities supporting refugees if you are able.'

GET IN TOUCH

You can now contact us here at Charity Club directly on our brand new email address! We would love to hear from you about anything charity related. For instance, you might know somebody we could feature in a future 'Local Hero' article, know of a local charity that needs fundraising for, know someone who we could interview, have an idea for a new feature or have carried out your own fantastic fundraising project that we could feature – please get in touch! Our new email address is:

charityclub@aldworth.hants.sch.uk

We look forward to hearing from you soon.

GRAND TOTAL

Our grand total for this year so far is **£3246**. Thank you for your support!

Charity Club News was compiled by the Charity Club students who are:

ANDREW, AYRA, CHARLES, ETHAN AND MAX

