



Sebastian's Action Trust



**The Queen's Award
for Voluntary Service**

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Here for families of
seriously-ill children. Always.



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Sebastian's Action Trust

From one little boy's special wish great things have come.



Our charity was established in 2004 following the death of nine-year-old Sebastian Gates. Sebastian's last wish was to create a holiday house that would give other youngsters the chance to spend precious time with loved ones, away from prying eyes and the rigours of treatment schedules and hospital life.

Sebastian's vision became a reality in July 2011 when The Bluebells, a purpose-built holiday house funded, designed and constructed by the charity opened its doors. Nothing like this previously existed in the UK, making The Bluebells the first of its kind and Sebastian's vision all the more exceptional.

What we do

Sebastian's Action Trust provides specialist respite holidays together with practical and emotional support for seriously-ill children and their families.

We offer the whole family individually tailored support for as long as it is needed.

We are a family led charity that strives to address the unmet needs of those we support. Our aim is to walk alongside families, offering friendship, advice, guidance and support where, when and how it is needed.



Who we care for

Our Family Services Team support the families of children and young people from the age of 0-19 years who suffer a life-limiting or life-threatening condition.

We understand that a young person's illness or disability impacts on the entire family and offer support for individual members as well as the whole family group.

Our services are available to families across Berkshire, Buckinghamshire, Surrey and Hampshire. Where possible we offer respite holidays to families from further afield- visitors to our purpose built facility, The Bluebells, have already come from 34 counties of England, Scotland and Wales.

"We think The Bluebells is an absolutely amazing place to have a holiday, it's a place where you can relax and do things as a family and enjoy precious time together. We cannot wait for our next holiday together here!" - Elaine Simpson

Families of seriously-ill or profoundly disabled children face enormous challenges on a daily basis.

What we offer

Respite Breaks at The Bluebells

We understand that a young person's illness or disability can impact on family life in many ways, so we have created a place to relax, recharge and have fun, allowing time for each other away from the stresses of daily life.

The Bluebells is the UK's only purpose built facility offering specialist holidays exclusively to the families of seriously-ill children. We offer privacy, space and a chance to escape the rigours of treatment and time spent in hospital, enabling families to simply enjoy precious time together.

We can accommodate two families at a time, each occupying their own four bedroom, three bathroom apartment whilst sharing the leisure facilities which include an indoor hydrotherapy spa pool, sensory room, cinema, games room, art suite, music room, sensory garden, mini golf course and acres of open space.

Day visits are also available, whether to take advantage of our provision of music, art or wellbeing therapies or simply to use some of the fantastic leisure facilities we offer.

Time at The Bluebells is available to the families of young people who meet our eligibility criteria from all over the United Kingdom.

Family Services

Our Family Support Workers offer a service in the family home and local community which is flexible yet tailored to the needs of each family member, including the parents,

siblings, grandparents and other significant carers. This may include:

- Therapeutic services including music, art and well-being therapy
- Offering emotional support and befriending
- Spending time with the ill child at home or in hospital
- Caring for siblings through individual activities and programmes of events designed to encourage meeting others facing similar challenges
- Providing practical support to maintain normality in the home – housework, shopping, etc,
- Facilitating contact with other parents through our Chill & Chat network and social media group
- A 24 hour crisis helpline offering access to a member of our team in cases of emergency.

Advocacy, guidance and welfare

Key members of our team are trained to advocate on the family's behalf with agencies, healthcare workers and hospitals to ensure they are getting the best support and that they can easily reach the key decision makers. We can offer help with accessing welfare support and guidance with form filling.

Our Family Outreach Hub

Our centre in Slough is a welcoming place where families can access many aspects of our support. The Hub is a safe, comforting environment where troubles can be shared, solutions to problems identified and stresses can be alleviated.

Every penny counts.

Every penny and pound donated is truly appreciated, because we know it will help us to continue our work in supporting children with very serious illnesses. Your donation will enable us to make a real difference to families who need our care and support. Here are some examples of how your donation can help:

- **£25** - will pay for a selection of books that put serious illnesses like cancer and leukaemia into words that young children can understand.
- **£30** - will pay for a parent to have a soothing massage, energising pedicure or mood enhancing haircut from the team of therapists and hairdressers we take into hospitals twice a year, specifically to pamper tired carers.

Donating by TEXT

All you have to do is text **SATC36** followed by the amount you wish to donate, e.g. £5, to **7070**.

Donating online

Visit sebastiansactiontrust.org/donate

Donating by post

Send a cheque to:
Sebastian's Action Trust
Unit 8 Tanners Yard, London Road
Bagshot, GU19 5HD

Donating by phone

Call: **01344 622500**

Sebastian's Action Trust does not receive any government funding and we are entirely reliant upon charitable support. With your help we can continue to give support where, when and how it is needed.

- **£60** - can help a child with a sick brother or sister to enjoy time with other siblings in similar situations on a special Sibling Activity Day. This can help to allay feelings of displacement and isolation.
- **£100** - will provide a psychologist for one day at a hospital caring for very sick children. By funding this post we are helping families to face the harrowing treatment for life-threatening illness.
- **£200** - will pay for a family to spend a Reflections' weekend with other bereaved families, enabling parents and siblings to meet others who have faced similar tragedy, in the knowledge that only those who have experienced such situations truly understand.
- **£2,500** – would pay for the running of The Bluebells, our holiday respite house, for one week.

