

Principal Asset Management take on the ultimate London to Paris cycling challenge for We Are Beams

In May, the incredible team from Principal Asset Management took on the gruelling challenge of cycling from London to Paris covering nearly 300 miles, climbing 15,798ft over 3 days.

The 16 strong team with two additional support crew pedal powered this iconic cycling challenge starting from the company's office in St Pauls.

The journey took them through the beautiful Kent countryside across the channel making their way across rolling green hills, battlefields and French market towns and finally reaching the capital and cycling

down the Champs Elysees and finishing at the momentous Eiffel Tower.

The journey took grit and determination and was not without its challenges and injuries. Beams are so grateful for all their support, many of the team had never taken on such a huge challenge, some had never ridden so far and a few of the team brought bikes especially for the challenge.

The total amount raised is over £30,000 and will all go towards providing vital care services and short breaks for Beams.



Interactive Sensory Projector

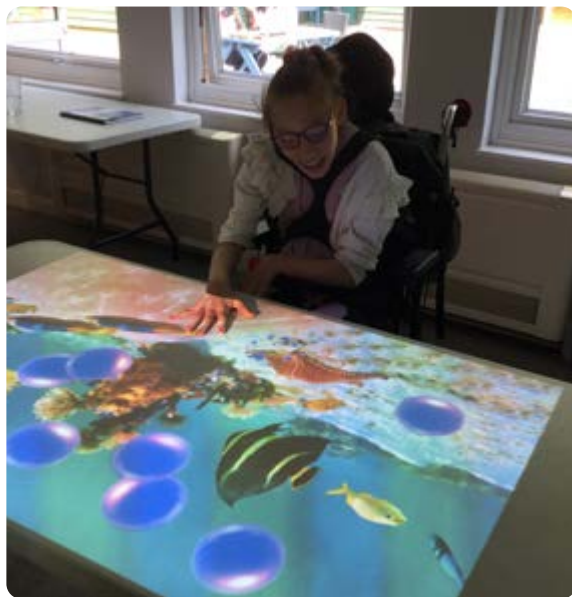
The children and young people at Dragon's Retreat have been enjoying the new sensory projector over the summer.

Funded by the National Lottery Awards for All, this amazing projector is equipped with over 300 different programmes with fully interactive games and activities such as exploring the ocean or squashing tomatoes to make a pizza!



The children are able to engage with the projected activities through touch, making their playtime truly immersive whilst improving motor skills and co-ordination.

The projectors height can be adjusted to the floor or on a table top allowing inclusivity for all our children and young people.



Sensory Cabin Refurbishment

Following on from the success of our newly refurbished garden, we are raising funds to pay for sensory equipment in our Sensory Cabin, which we hope to start in October 2023.

The current sensory room is in need of investment to update the equipment so that we can use the latest methods for developing our children's sensory experience.

Sensory rooms provide a safe and controlled environment where children can experience different sensory stimuli in a way that is comfortable for them. This can help them to learn how to regulate their sensory responses and cope with overwhelming situations. The specific benefits of sensory rooms



for children with ASD can vary, but some common benefits include:

Improved focus and attention, reduced anxiety and stress, increased self-regulation, improved social skills, enhanced communication skills, improved motor skills and increased relaxation.

We have been fortunate to have received £23,065 through trusts and foundations so far and the total cost of the project will be £37,597.

Get involved!

Diary of Events

Thursday 7th December

Calling all quiz enthusiasts! Test your knowledge at the Big Beams Christmas Quiz.

Time: 7:30pm

Venue: Bexley Sports & Social Club, Calvert Drive, Dartford DA2 7GA

Cost: £6 per person

Sunday, 10 December 2023, 10:30

Santa Run 2023

A festive 3k fun run starting and finishing on the athletics track and following paths through Central Park, Dartford

Sunday 7th April 2024.

London Landmarks Half Marathon

Join Team Beams and run London's central half marathon through Westminster and the City, with a stunning landscape of iconic landmarks.

Registration: £55

Minimum Fundraising: £300

For more information and to sign up to any of these events visit www.wearebeams.org.uk/events-challenges/



600 Fundraisers dash through a rainbow of colours and fundraise for We Are Beams!

We Are Beams Colour Dash events have been a huge success this year and have raised over £13,500 to support disabled children and their families in Kent.

Runners, walkers and wheelchair users made their way around the completely accessible course including many of the disabled children and families supported by the charity.

All the runners started in white but at every 1km; they tackled a different coloured powder so the finish line was a rainbow of colours!

There were runners in fancy dress, wigs and decorated T Shirts but there was one goal in mind, to raise as much money for Beams.



CORPORATE CORNER

The last six months have been a whirlwind of incredible fundraising activity by our invaluable corporate supporters. We'd like to say a huge thank you to **FLR Spectrum** for hosting a golf day and donating a range of lots for our auction.

Kentec Electronics also took to the fairways to raise greatly appreciated funds for the charity.

We've enjoyed a lot of volunteer help from local businesses including **Amazon**, **Nespresso** and **Wincanton PLC** who have all helped us maintain the building and the grounds to keep it safe and enjoyable for our visitors.



If you are interested in upcoming sponsorship opportunities or would like to donate please get in touch with the Fundraising Team!



We have also been incredibly lucky to earn the support of several new supporters and sponsors as well as our existing long-term donors and we'd like to extend our thanks to all our recent donors: Principal Global Investments, Fox Estates Ltd, The Happiness Box, Bellway Homes, Chelsea FC, MACE Group, Anglian Building Supplies, Magrock, Glencore, Britannia Metals, Everyone Active, Flossie Flavours, Classroom Support, Specsavers, Mortlock & Joyce, Jackaman Insurance Services, Gary Steadman Estate Agent, Tesco Foots Cray, Waitrose Aylesford, Fitness First Dartford, JB Autos, Wickes Dartford, Norris Waste Management, Amazon LCY3, ISG Construction Ltd., County UK.

We Are Beams, Allsworth Court, 38-40 St David's Road, Hextable, Kent BR8 7RJ
admin@wearebeams.org.uk | 01322 668501

RCN 1054129

WWW.WEAREBEAMS.ORG.UK



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Supporting disabled children & families



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newsletter

SUPPORTING DISABLED CHILDREN AND THEIR FAMILIES

EDITION 10 - AUTUMN 2023



Harrison's Story

Harrison is 15 years old has 1p36 deletion syndrome, global development delay and epilepsy. He is part of a very close happy family and lives with Mum, Dad and younger brother.

1p36 deletion syndrome is a genetic disorder caused by the loss of a small piece of genetic material from a learning chromosome. The signs and symptoms of 1p36 deletion syndrome vary among affected individuals, but may include; intellectual disability, developmental delay, speech and language delay, feeding difficulties and seizures.

Harrison is non-verbal so communicates using an eye gaze; he can walk but loses balance easily, he needs 1:1 support for feeding and getting dressed. Harrison's disability means as a family they are quite limited as to where they can go, is it wheelchair friendly, will it be too loud, too crowded?

Day-to-day life can be very challenging for Harrison's family; he needs lots of attention and extra care.

Despite these challenges, Harrison is described as a 'cheeky teenager' and loves horse riding every Saturday morning, swimming and bouncing on the trampoline in the garden.

We Are Beams have supported Harrison for many years, he attends Dragon's Retreat respite overnight care once a month and kids camp holiday playschemes for children requiring one to one care. He has enjoyed trips to the seaside, sailing and other fun activities.

Beams have been able to make a real difference for Harrison and his family, it has given him some independence and while at Dragon's Retreat the family can go away or enjoy activities with Harrison's brother that they would normally not be able to do, including a recent Alpaca walk or



a night away. Harrison loves attending We Are Beams, where he feels safe and supported.

Jenny, Harrison's mum is so grateful she has Beams by her side,

"If we didn't have the support from Beams, I honestly don't know what we would do! Beams are only a call away if we need family advice or to access clubs during the holidays. We don't see Beams as friends; we see them as extended family!"

Follow Harrison's journey on his Facebook page www.facebook.com/HelpHarry

We Are Beams Auction

AMAZING PRIZES TO BE WON!

Lots of prizes to be won... VIP Peter Kay tickets

A 4 Night Stay in Iceland for 2

Bidding closes on Friday 10th November

Help make a difference today, for a brighter tomorrow for disabled children.

All proceeds go to We Are Beams

BID

BID



To bid, scan the QR code or call 01322 668 501 x5
www.wearebeams.org.uk



IT'S JUST £2 TO ENTER

Win £1,000



Enter our Big Christmas Raffle.

Supporting disabled children and their families in Kent.

We Are Beams believe that children like Harrison and those with the most complex disabilities can thrive and reach their full potential with the right support.

Get2Swim with Angela's Swim School

Following crowdfunding supported by KCC, Children's Alliance and Medway NHS over £10,000 has been raised to provide one to one lessons for children and young people with ASD or ADHD who currently do not swim or have been excluded from mainstream lessons.

Lessons have now started with four young people enrolling on a 12 week course, all instructors from have specialist SEN training to ease anxiety and sensory overload.

Get2Swim will provide young people with not only the essential lifesaving skills of learning to swim but also spending time

in the water will have a positive effect on mental and physical well-being.

If you are interested in Get2Swim for your child, please look out for further details via email or visit www.wearebeams.org.uk

We Are Beams Receive Special Project Award for their New Garden!

We Are Beams are thrilled to have won a Kent Charity Award.

The aim of these prestigious local awards is to show case the hard work and perseverance that charities undertake to make the lives of others better.

For 2023 Beams have been awarded the Special Project Award for their New Garden which the charity raised an incredible £200,000 to transform their once run down and shabby garden to a completely inclusive environment for disabled children and their families to enjoy.

This capital appeal was the biggest in the charity's history and Beams are delighted that the awards have recognised this.



Enter our Big Christmas Raffle



HURRY!

enter before Monday 18th December

IT'S JUST
£2
TO ENTER

1st Prize £1,000

2nd Prize £500

3rd Prize Merlin Discovery Pass
(2 adults, 2 children)

Enter online: www.wearebeams.org.uk
or scan the QR code at



Phone: **01322 668 501 extension 5**
Payments can only be accepted by debit card.

We Are Beams is a Charity (No: 1054129), registered in England & Wales. Our registered office is Allsworth Court, 40 St David's Road, Hextable, Kent BR8 7RJ
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Shortbreaks SUPER Summer!

The Shortbreaks Team have been busy delivering an action packed summer full of fun, laughter and adventure!

With 26 activities in total with 119 young people accessing 266 places over the 5 weeks, there really was something for all interests.

For children aged 5-7 years there was messy play, sensory sessions, and great fun exploring the new garden's play equipment, water, mud kitchen and sand play.

The older young people explored further afield with days out at the Cyclopark, Intelligence Hub, Paradise Wildlife Park, Chatham Water Sports and Tik Tok Workshop!

The family event was a cinema trip to see Elemental and 48 children attended this with their families.

Christmas is just around the corner and there are plans for a Christmas party Santa Special train ride, and Snow White pantomime.

Full details of all shortbreak activities can be found at www.wearebeams.org.uk



Parent Quotes from Shorbreaks Survey

"There are so little clubs that my son needing a 1-1 can go to. Without Beams he wouldn't get the chance to go out to different places with children his age. It also gives us quality time while he's having fun"

"I absolutely loves going and looks forward to whatever activity he is doing, the staff are very lovely and have a great way with J, he smiles and laughs from the moment we drop him off."

It is very rare to have the opportunity for children with disabilities to go and be themselves and staff that just accept them."

Direct Payments

The Beams Direct Payment Service currently support parents of 1,050 young people across the Kent region so that they can take control of their disabled child or young person's assessed Social Care support needs, as well as 61 young people in Kent to access Education funding for their EHCP provisions when a Direct Payment has been agreed.

The Team has grown to 14 members of staff in recent months, for us to be able to offer more families the support needed.

In the last year, we have helped 159 children to begin using the Social Care support allocated to them by Kent County Council. Assistance has been available from the

allocated Case Workers to families, so that they can confidently employ a Personal Assistant (carer), to help young people access Social opportunities that would otherwise be unavailable to them because of their disability.

To access a Social Care Direct Payment

for your child you will need to speak with your Social Worker, who will arrange for an assessment. You can then explore the option of Direct payments, if support will be allocated to your family. If you don't already have a Social Worker you can call 03000 41 11 11 and ask for an assessment of need for a child with a disability.

A budget for Education can only be available for provisions that are detailed in your child's EHCP. We recommend you ask about a personal budget during the assessment, or re-assessment of the EHCP. For more information about securing an Education Direct Payments in Kent you can contact IASK on 03000 413000.



Little Learners North West Kent an educational messy play and mark-making classes, for under 5s have been using the facilities and garden at Beams one morning a week since March 2023

Each week, families come from the local community and have a 45 min messy play class and then 1 hour 15 minutes of free play in the new garden.

The new garden has wonderful facilities for the toddlers to explore from the water play station, where they can safely fill up the buckets and let it topple out to the climbing equipment, slide, trampoline and sensory area.



Little Learners get messy at Beams

A chance to meet new friends!



This group met at a Beams Afternoon Tea and are now firm friends

Our Afternoon Teas are sell out events! Held throughout the year they allow friends old and new to get together for an afternoon of laughter and entertainment. We have enjoyed music from Michael Bublé, Songs from the Theatre and even Elvis!

We will be announcing the full calendar of 2024 Afternoon Teas very soon www.wearebeams.org.uk

