



The
Rainbow Centre
for children

affected by cancer, life threatening illness and bereavement

ANNUAL REPORT 2010



The Management Team



Deborah Hill
Fundraising &
Finance Director

Linda Morgan **Caroline Atkinson**
Therapy Director Centre Co-ordinator

Angela Emms
Centre Director

Caroline Yates
Assistant Director of Therapies

The Board of Trustees



Left to right: Alf Cutts, Des Craddock, Peter Browne,
Tim Watson, Jonathan Phillips
Not pictured: Jonathan Hughes, Wayne Lewis, Garry
Milward

Our mission is to provide the highest quality support to children and their families who are affected by life threatening illness or bereavement

The Therapy Team

Art Therapy

Judith Ducker
Karen Drucker
Liz Lumley-Smith
Deborah Weymont

Counselling

Irene Galant
Marianne Moser
Em Sawday
Suzanne Mellors

Massage Therapy

Lesley Cook

Music Therapy

Alison Levinge
Nick Hayman

Play Therapy

Clare Sheridan

Homoeopathy

Nickie Alan
Harvey Alan

"Nothing can be worse for parents than the serious illness or death of a child, and nothing can be worse for a child than the death of a parent. The deeply compassionate work of The Rainbow Centre in supporting bereaved parents and children, and the families of children with life threatening illness is outstanding. They have my heartfelt support and encouragement in this brave, vital work."

Dr. Rosy Daniel. B.Sc. MBBCh.

Trustees

Alf Cutts
Des Craddock
Peter Browne (Retired)
Jonathan Hughes (Retired)
Wayne Lewis (joined)
Garry Milward
Jonathan Phillips
Tim Watson - Chair

Bankers

Lloyds TSB Bank plc

Hon. Solicitors

Peter Browne
The Law Shop
48 Gloucester Road
Bristol BS7 8BH

Auditors

Wormald & Partners
157 Redland Road
Bristol BS6 6YE

The Rainbow Centre

Situated in a quiet residential area of Bristol, The Rainbow Centre provides a haven of peace for children and their families suffering from the effects of a life threatening illness or death in the family. The rooms are appropriately furnished for counselling, homoeopathic consultations, art, play and music therapy, relaxation and massage. The house is wholly owned by the Centre, and provides the space and facilities needed to take on the difficult and demanding work.

Families and visitors regularly comment that the Centre has a homely feel which is very soothing, compared with the clinical environments many have encountered.

The Centre has a policy of self-referral. Although many come to hear about us through a GP, health visitor, school or other agency, families contact us directly to make initial enquiries and arrange a meeting to discuss how we can help them. It is often assumed that a serious illness or the death of a child or parent draws a family closer together; this may be true in many cases, but for some the experience is very different.

Each of us is liable to react to such crises in our own unique way and in a family this can result in much misunderstanding. Sometimes the resulting feelings of isolation or anger can cause a breakdown in family relationships which only adds to the pain and stress already present. Siblings of a seriously ill child or children whose parent, brother or sister has died need particular support and attention.



The focus of The Rainbow Centre is on the wellbeing of children and to this end we use art therapy, play therapy, music therapy and group work which provide a safe means to explore their difficult feelings and fears.

Alongside this we provide support for the parents, some of whom may benefit from counselling, homoeopathy or massage.

Those who need our help receive it free of charge. Not only does this reflect our understanding of the additional financial pressure illness and bereavement brings, but the majority of families we care for are struggling on very low incomes. Whilst most of the families we see come from the South West, our services are not limited geographically, and our doors are open to those living anywhere in the UK. We also offer a great deal of help over the telephone.

All therapists working with families and children at The Rainbow Centre are appropriately trained and experienced within their field. Their deep commitment combined with knowledge and expertise, brings hope and acceptance to many people facing the darkest moments in their lives.

Testimonial

“The welcome at the Centre has always without fail been excellent. Caroline’s lovely smile has warmed me every time I arrived. I feel myself and my daughter have felt safe, held, welcomed and respected.

Having open ended(ish) sessions felt like I could relax more than being given a set number. I am grateful for this space for myself.

Thank you a thousand times over for your hard work and support. ”

Kati. Bristol

Our Services

At The Rainbow Centre we believe in treating the whole person, rather than isolated symptoms, providing a range of natural and holistic therapies which may help to restore physical and emotional balance. From Monday to Friday we offer a range of therapy sessions, most sessions last for one hour. Children and their families see the same therapist, at the same time each week so it becomes part of their routine.

Art Therapy



Art can be a valuable means of non-verbal communication, which can help a troubled child or adult to express and explore difficult feelings that may arise in times of crises such as life threatening illness and death. Making art objects with paint, clay or other creative materials produces something concrete, which may reflect feelings. Working through very difficult feelings is hard, but there can be pleasure and even fun along the art therapy way.

Play Therapy

Young children affected by life threatening illness or death are often beset with fears and troubling thoughts, which may in turn affect their behaviour. Play therapy offers children a different way to communicate and explore emotions when they do not have the vocabulary or are not ready or comfortable to talk about their fears.

Music Therapy

Music is a powerful emotional medium, which can affect us all deeply. In music therapy sessions, musical communication is created between the child or the adult and the therapist. The child or adult does not need any musical training or previous experience to play. By using a wide range of musical instruments from all around the world, clients can express the often turbulent or difficult feelings they experience when someone in the family is sick or has died.

Child Psychotherapy

A child psychotherapist observes and tries to understand the way a child/young person behaves and relates to others. This helps make sense of, and sort out their various feelings about their life. Child psychotherapists are skilled in understanding the

the child/young person's way of communicating. This may be through talking, but it could also be through the use of art materials and play. The aim of the work is to help each individual develop emotionally, learn more about themselves, their relationships and how death and dying impacts upon them.

Counselling

Counselling is offered to adults and young people. It gives them the time and space to explore their thoughts and feelings and help them adjust to their new and difficult situation.

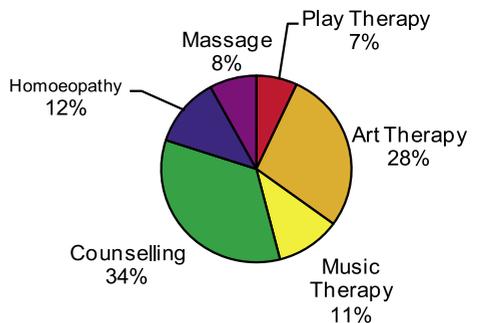
Homoeopathy

Homoeopathy is based on holistic principles - that is to say, it treats all aspects of the person, taking into consideration their history, current issues and the mental and emotional state of the individual in relation to their physical symptoms. Homoeopathy can be a valuable complement to orthodox medicine. Appropriate homoeopathic treatment can also do much to support family members, providing gentle, yet effective relief. The right remedy can help to ease the worry or facilitate the grieving process.

Massage

Massage is one of the oldest and most natural forms of healing. The ancient Chinese, Indian and Egyptian civilisations used massage to prevent and cure disease, and had a good knowledge of the healing properties of certain oils. A massage aims to calm the nerves, aid relaxation and stimulate the immune system. Our families find massage both helpful and enabling.

Therapy Expenditure



A letter from a mother

Dear All at The Rainbow Centre

This card comes with the warmest wishes (& deep gratitude and love) to you all.

This is the first year since Yuri's death that I've felt strong enough to embrace Christmas again, with what feels like some emotional stability - and that's been in no small way due to the love and support I've received through the Rainbow Centre.

It's been a long and painful journey - a real rollercoaster ride of emotional turmoil - but the love and kindness and acceptance of the people at the Rainbow Centre have been a real light and helping hand; there to steady me when no one else could. I was (and continue to be) truly blessed to have found you. Thank you.

That you offer such an amazing gift "free"-ly is nothing short of a miracle. Enclosed is a small token of the enormous gratitude I have for the work that you do and the beautiful people you are at the Rainbow Centre.

There is no monetary value that can be placed on the gift that you are to people in a unique and socially isolating situation - you are a unique light

in a very dark place. I know my money is a real "drop in the ocean" in the bills that the Rainbow Centre incurs in its day to day running but I am consoled by the fact that it is through such drops that the ocean is fed.

I've also bought these two lovely books especially for the Rainbow Centre library because I haven't seen them upon your shelves. They are two gorgeous books that have really helped myself and the children (particularly my son) in coming to terms with our grieving process. I thought maybe you hadn't come across them.

As a final note.. my Mum & Dad and myself and the children attended the candle ceremony this year. It was beautiful - thank you. Again a unique and holding space was provided freely for all and it was lovely to be able to share it with my extended family (and the food afterwards was absolutely delicious even my mother was impressed & that's no small accomplishment!!)

With thanks

Rachel, Bristol.



The Trustees Report

For the year ended 31st August 2010

In writing this, my first report as chairman on behalf of the board of trustees, I am conscious of how honoured I am to be the figurehead of such an amazing organisation. The work that is done here by the dedicated management team, the therapists and the volunteers is truly life-enhancing. Working with people who are under immense stress is far from easy, yet everyone at Rainbow does it, day after day, with a smile and that means so much to our families and makes their adjustment that little bit more bearable. We, as trustees, look on with admiration and thanks.

This year, to the end of August 2010, has been a good year for Rainbow. Our finances improved this year thanks to a large legacy, allowing us to put some money back into reserves, having taken some out last year. The work of our fundraisers, Angela Emms, the Centre Director and Deborah Hill, our Fundraising and Finance Director, was well rewarded in the year. Looking forward, we remain optimistic although the outlook for raising funds remains challenging as the economic recovery is likely to be sluggish.

Over the year our therapists saw an average of 37 children and 28 adults each week. As always, our team of highly-skilled therapists were at full stretch. The demand for our services is, sadly, more than we can match and once again we had to close the waiting list in the summer. Urgent cases though were dealt with by Linda Morgan, our Director of Therapy, or by Caroline Yates, the Assistant Director, in order that they could receive support and advice at a critical time. The constraints of time but more particularly of space have a great impact on our ability to deal with the number of cases that come to us. As we have said in previous years, we would like to expand the space we have so that we can offer more therapy sessions but in the current climate we do not believe we can or should embark on an expansionary strategy. We will wait until the funding climate is more benign but we do remain committed to achieving this dream. In the meantime we will continue to look to make improvements where we can within our budget.

Much thanks has to go to Caroline Atkinson, our Centre Co-ordinator who supports the whole team and keeps the Centre running smoothly. Also our volunteers, Brenda, Elsie, Bridget, John, Sue and Cliff deserve our very grateful thanks for all their work in keeping the Centre going. Also Hilary keeps our front garden in good order and that makes it a nice welcome for our families when they arrive. Sadly, Roy, who was a volunteer for many years, succumbed to cancer later in the year. We shall miss him and we offer our sympathy to his family.

Within the Trustee Board, we welcomed Wayne Lewis who is already bringing new energy and enthusiasm to the team. Two of our longer-serving trustees, Peter Browne and my predecessor as chairman, Jonathan Hughes, stepped down from the board. Peter retired and Jonathan has moved to Wales. I would like to thank them both for the major contributions they have made to the success of the Centre over the years and wish them well in the future. As we look to build on the work that they have done, we are actively looking to add more trustees to the board and would welcome applications.



The Centre is totally dependent on donations. This means that we have no guaranteed income. This is the biggest risk that the Centre faces. We reduce that risk by making sure that our income comes from a wide variety of sources. These range from individual donations, including standing orders and payroll-giving, to event participation and collections through to major donations from companies and trusts. We encourage legacy-giving and we participate in the Remember A Charity in Your Will scheme. Details of how to do this can be found on our website along with other ways in which you can help support the work that we do. All help is gratefully received and it does make a very big difference to those

families that are going through their darkest days.

In terms of risks to clients, personnel and volunteers, an annual risk assessment is undertaken of both the building and The Centre procedures. Employers and Public Liability Insurance is held and a robust Child Protection Policy is in place.

The Trustees confirm that the financial statements for the year ending 31st August 2010 comply with the statement of Recommended Practice of Accounting by Charities, The Charities Act 1993 and the Charities Governing Document. We also confirm that the Charity is able to meet its financial obligations on a fund by fund basis.

Finally, I would like to say a big thank you to everyone who donated money to the Rainbow Centre in the year. We quite simply cannot exist without you.



Tim Watson
Chair of Trustees



Chair of Trustees

Balance Sheet
As at 31st August 2010

	2010 £
Fixed Assets	
Tangible Assets	397,807
Investments	67,162
	464,969
Current Assets	
Debtors & Prepayments	1,574
Cash at Bank and in Hand	180,320
	181,894
Current Liabilities	
Creditors: Amount falling due within 12 months	(913)
Net Current Assets	180,981
Net Assets	645,950
Reserves	
Unrestricted Funds	236,226
Property Reserve	395,000
Restricted Funds	14,724
	645,950

Statement of Financial Activities

For the year ended 31st August 2010

	Unrestricted Funds 2010 £	Restricted Funds 2010 £	Designated Funds 2010 £	Total Funds 2010 £
Income				
Donations and Legacies	199,783	33,419		233,202
Activities for Generating Funds	36,001			36,001
Investment Income	3,939			3,939
Total Incoming Resources	239,723	33,419		273,142
Expenditure				
Costs of Generating Funds	47,350			47,350
Delivery of Therapeutic Services				
Therapeutic Services	128,564	20,388		148,952
Support Costs	54,964			54,964
Governance Costs	883			883
Depreciation	1,404			1,404
Total Resources Expended	233,165	20,388		253,553
Net Incoming/ (Outgoing) Resources	6,558	13,031		19,589
Gains/Losses on investment assets	994			994
Net Movement in Funds	7,552	13,031		20,583
Reconciliation of Funds				
Balance brought forward at 1 September 2009	228,674	1,693	395,000	625,367
Balance carried forward at 31 August 2010	236,226	14,724	395,000	645,950

These financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective January 2007)

Acknowledgements

CHARITABLE TRUSTS & FOUNDATIONS

Abbey Manor CT
Ashworth CT
Bank of England - Charities Trust
BBC Children In Need
Beatrice Laing CT
Blair CT
Bristol Water Fund
Burges Salmon CT
CD Horton CT
Charles Shorto CT
Charlotte Marshall CT
Coutts CT
Cowslip Green Charity 1994
Dame Violet Wills Will Trust
Dandia CT
Darroch CT
David Goldman Foundation
Duis CT
Eleanor Barton CT
Ellerdale Trust
ESG Robinson CT
Frances Crabtree CT
Good Neighbours Trust
Green & Lillian FM Ainsworth & Family Benevolent Fund.
Greycourt CT
Grovelands Trust
Hospital Saturday Fund
Hugo Halkes CT
James Wise CT
JH McGregor deceased CT
Joan Strutt CT
John James Bristol Foundation
John Lewis Community Fund
Joyce Fletcher CT
Julie Marmor CT
Julius Silman CT
KET CT
Lady Eileen Joseph Foundation
Lark Trust
Lass Charities
Leach No 14 CT
Lloyd Robinson Family Foundation
LloydsTSB Foundation
Lynn Foundation
Mabel Harper CT
Margaret Foundation
Mr & Mrs JA Pye's CT
Mrs Hilda Beer CT

MVM Charitable Trust
Nani Huyu CT
Needham Cooper CT
Oldhurst CT
Owen Willis CT
Pat & Barbara Bennett CT
Pettit CT
PF Charitable Trust
R Brownless CT
Raymond Oppenheimer CT
RH Scholes CT
Robert Orpwood Blott CT
SC & ME Morlands CT
Scotshill Trust
Setchell CT
Sir Jules Thorn CT
Slater Foundation
Souter CT
Spielman CT
Storaid
Sweet Pea CT
Syder CT
Sydney Black CT
Thomas J Horne CT
Thomas Wall CT
Thompson CT
Vassiliou CTs
Verdon Smith CT
Wallmead CT
Walter Swindon CT
Wigoder Family Foundation

COMPANIES

Arnos Manor Hotel
Bank of Ireland Sports & Social Club
Barnados Bristol Locality Services
South
Bartle Bogle Hegarty Ltd
Best Practice Network
BIMM
Bristol & Avon Transport
Bristol Electric Club
Bupa Insurance Services Ltd
Castlebridge News
CDS Southmead Hospital
Ceci Paulo Ledbury
Chris's Roadside Cafe
CPM Design, Print & Promotions
Connexions West of England
Direct Line
Fresh Vibes
GKN Aerospace Services Ltd



Centre Director Angela Emms, receiving a cheque for a share of £1000 based on customer votes with green tokens as part of the Waitrose Bath Community Matters scheme.

Green Door Nursery
Grontmij
Health Edge Solutions Ltd
HIS Social Account
HSBC
Interchange
ITT Industries Ltd
John Reilly Civil Engineering Co Ltd
Lenny's Coffee Shop
Linux IT
Memorandum
Missionfish
Morgan Cole
Nonstop IT
Organique
Playful Toyshop
Regeneris Environmental Services Ltd
S&B Auto Academy
Sainsburys Castlecourt
Southmead Hospital Radiotherapy Dept
Waitrose
Western Power Distribution

INDIVIDUALS & GROUPS

Tracey Adams
Caroline & Richard Atkinson
Kay Austin
Backwell Drama Club



Deb Hill Hallowe'en bag-packing at Sainsbury's Castle Court as part of their Make a Difference adoption.

Erika Baker
 Mike Bash
 Brenda Boyce
 Boys Brigade
 Jo Bridger
 Brislington United Reform Church
 Bristol University OTC
 Bromley Heath Junior School
 Peter Browne
 Cabot Learning Federation
 Franco Carota
 Sam Carrington
 Dave Chappell & family
 Cherry Garden Primary School
 Chester Park Infant School
 Anthony Clarke
 Simon Coleman
 Mr M A Collingwood
 Bev Covill
 Mrs R M Craze
 Geoff Crick
 Culverhill School
 Susan Curzon
 Cwm Glas Infants
 Oktawia Czarnaiecka
 Mark Davis
 George Dobson
 Julie Dollin
 Lilla Duignan
 Sean Eaves
 Pauline Edwards
 John & Sue Emms
 Darren & Lee England
 Roger Fithyam
 Philip Flaherty
 Joe Fleming & Family
 Friends of Henleaze Infant School
 Irene Galant
 Cathy Gale & Family

Lourens Geldenhuys
 Mr & Mrs Goodwin
 Rachel Goodwin
 Tempary Grace
 Thomas Hamilton
 Glenda Hanmer
 Clare Havard
 Robert Havard
 Emily Hayes
 Julie Heaton
 Julie & Graham Hemsley
 Mrs C D Hewlett
 Prof S Hewlett
 Ann Phil & Louis Hey
 Paul Hjarne
 Mr S & Mrs J Hobbs
 Holy Nativity Church
 Mrs Cathy Hopper
 Inner Wheel Clifton
 Deborah Jane
 Mr S Johnston
 Jessica Jones
 Martin Jones
 Pat Kent
 John Kibbey
 Mrs Lambourne
 Kate Lines
 Murray, Skye & Phoebe Longworth
 S Marrett
 Sarah McNally
 Melanie Merricks
 Mr & Mrs Millar
 Charlotte Miller
 Garry Milward
 Yvonne Mitchell

Nigel Montgomery
 Mrs FLM Morris
 Patrick Mupereki
 F Neale
 Northleaze Primary School
 Jacqui & Ellie Offer
 Bridget Old
 Di Osborn Clarke
 Our neighbours in Lilymead Avenue
 P Partridge
 Ms Rosie Pearson
 I Pemberton
 Columbine Peze-Heidseick
 George Plaster
 P Price
 JC Prideaux
 Mrs B Prince
 R Goodwin
 R Kendall
 S Rabenda
 Sharon Randall
 Redcatch Community
 P Redfern
 Redland Quakers
 Redmaids School
 K Ross
 Maggie Ross
 Rotary Club of Clifton
 John Savage
 John Savery
 P Sellick
 Andrew Shaw



Rainbow Riders enjoying the sun at Bristol's Biggest Bike Ride

Mr & Mrs Shaw
 Sally Shenton
 Sam Shepherd
 Nicola Sherborne
 Clare Sheridan
 Pat Simmons
 Mr & Mrs Small
 South Gloucestershire Schools
 Southville Primary School
 Stuart & Jayne Spiller
 St Mary Redcliffe & Temple School
 St Michael's School Winterbourne
 Linzi Nixon & Stacey Vayro
 P Stack
 Mr BJ & Mrs KD Stockley
 Mr JM & Mrs PD Stockley
 J Stone
 L Streater
 The Clangers
 Jane Thomas



The Rainbow Centre behind scaffolding as we repaired the stonework and pointing during the summer break.

Sara Wainstein
 Clara Wakeham
 Ms K Wallace
 Tim Watson
 J Webb
 James Wellstead
 Mark Wellstead
 Enid Western
 Jessica White
 Mr J White
 Vikki Wiberg
 Elaine & Jane Williams
 Katherine Williams-Loudon

Debbie Williamson
 Daphne Wood

Estate of the late
 Anne Davenport

Donations in
 memory of:
 Mr Roy Collard
 Mrs Becky Fleming
 Mr Carl Heaton
 Prof Jon Rasbash
 Miss Reenie
 Thomas

AND.....

Our London Marathon Runners Sam Carrington, Lourens Geldenhuys, Jessica Jones, Martin Jones, Jamie Stockley & Debbie Williamson & their sponsors

Bikeriders in Bristol's Biggest Bike Ride and their sponsors

Everyone who bought our books, seeds, cards, other merchandise and raffle tickets

Everyone who bought goods via Amazon.com or sold them in aid of the Centre on Ebay.

Everyone who used Everyclick to search the Internet.

Everyone who sponsored, bought, printed & took part in the Bedminster Boys Calendar

Foreign Currency donors.

Half Marathon runners and their sponsors.

Jamie Deakin & the Serco 3 Peaks Challenge participants & sponsors.

Our collectors & supporters at the Bath Racecourse & Bristol City & Colston Hall Collections.

Sharon Randall & All who participated in Daylight Robbery

Shops and individuals who filled our collection tins

Linzi Nixon & Stacey Vayro and sponsors for their Skydive



Ian Matthews, the drummer from Kasabian along with lecturers from BIMM presenting Angela with a signed drum cover.

Our wonderful team of volunteers:

The late Roy Collard
 Brenda Boyce
 John & Sue Emms
 Bridget Grew
 Elsie Minty



One of the images from The Rainbow Centre Bedminster Boys Calendar



The Clifton Suspension Bridge Christmas card designed by Ellie

Our Fundraising Year

THANK YOU EVERYONE

It has been another action packed year with a variety of fundraising activities taking place to support our work.

In addition to our wonderful runners in the Bristol and Bath Half Marathons and Bristol 10k we had our first team of London Marathon Golden Bond runners. Many families enjoyed Bristol's Biggest Bike Ride supporting the Centre through sponsorship and our stall manned by Brenda, John & Sue.

Jamie Deakin inspired a team of employees from Serco and their colleagues at Airbus to join him in a Three Peaks Challenge in May - thank you to everyone who supported the event, the participants, the drivers and their sponsors.

The Justgiving website continues to be a fantastic tool for those wishing to raise sponsorship from friends and relatives and we heartily recommend it and we also now offer a similar facility with Virgin Money Giving.

Local schools and churches were again very supportive of the Rainbow Centre, with collections at their various performances, dress down days and fundraising fetes providing much needed funds for our work with children and families. As ever, there were many individuals, companies and local groups who chose to organise their own events to raise money and equally many charitable trusts and foundations who gave us their support this year. We were thrilled to be the beneficiary of a production by Backwell Drama Club & the chosen charity of Sainsbury's Castle Court who carried out a range of activities throughout the year including bag-packing, a trolley-dash raffle and a skydive.

We were delighted to share in the celebrations of several of our supporters who requested donations to the Centre in lieu of presents. Thank you to the Bristol University Officers Training Corps who chose The Rainbow Centre as one of four beneficiaries of

their centenary celebrations and invited Centre Director, Angela Emms to join them at some of their formal celebrations.

Thank you to local singing group The Clangers, which includes our Monday volunteer Elsie, whose fundraising concerts paid for our administration office to be refurbished and reorganised to fit in an extra desk. Still on the musical note we are very grateful to The Proclaimers who gave us permission to collect at their concert at the Colston Hall & took time out of their rehearsal to meet Deborah and Angela before the concert to learn more about our work to explain it to their fans.

In the Autumn months the office becomes a hive of activity as our volunteers make and package up our handmade Christmas cards which serve to raise awareness and funds for the Centre. Thank you to everyone involved in this little industry and those who purchase our cards. Special thanks should also go to Ellie who



Angela & Deb with Craig & Charlie aka The Proclaimers before their concert at the Colston Hall



We launched Scruppy's Christmas Appeal at Bristol City FC on 25th July where we are working in partnership with The Jessie May Trust & CHSW.

designed our most successful card to date featuring the Clifton Suspension Bridge.

Amongst our other merchandise was a calendar featuring the boys of Bedminster going about their work. Thank you to all who sponsored the costs of producing the calendar or bought one.

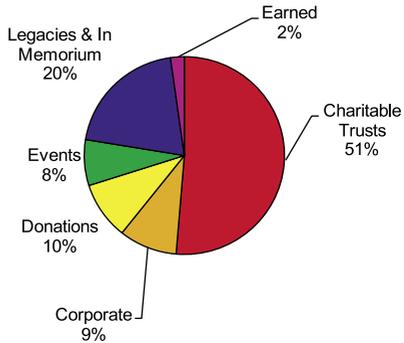
We were very grateful to have been remembered by Anne Davenport & our much missed volunteer Roy Collard who left gifts to the Centre in their Wills and were equally touched to have support from several people who requested donations to the Rainbow Centre in memory of friends or relatives and we thank them for their kindness at such difficult times.

We send our heartfelt thanks to everyone who has helped the Rainbow Centre to provide much needed support to children and families for another year. You really do make a difference.

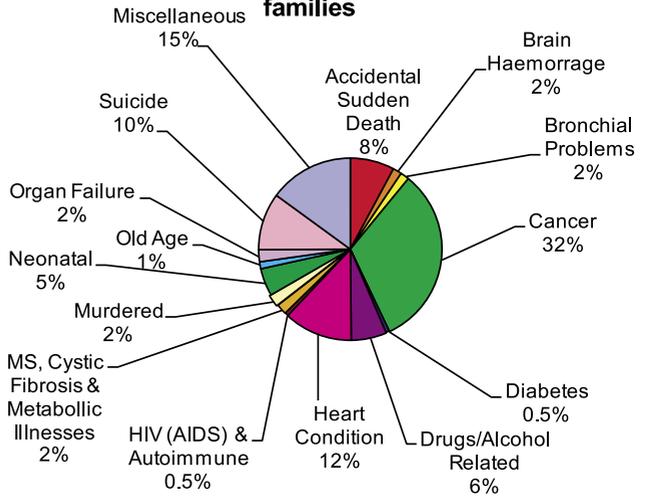
Deb Angela

Deborah & Angela

Income Sources



Causes of death or illness amongst our families



Can you Help?

The Rainbow Centre relies entirely on the generosity of donors to survive. We do not work to a fixed timescale, but work with families for as long as they need our help, so by providing income we can rely on, you enable us to carry on that support. A simple standing order of £5 a month with gift aid for 1 year could provide 2 therapy sessions for a child. Every donation helps to make a difference to children and their families.

"Over the last 2½ years both my children have benefited hugely from their therapies and are now as well adjusted as any teenager can be.

Everyone at the Centre has been extremely helpful, friendly, warm and professional at all times. I will be eternally grateful to you all!"

Erika, Bristol

As you can see from the previous pages there are many ways in which you can make a difference. There are many more ideas on our website www.rainbowcentre.org.uk and here are just a few of the ways in which we can work together.

Running Events - We have Gold Bond Places for the Bath & Bristol Half Marathons, the London Marathon and can help you with other running events.

Bristol's Biggest Bike Ride - One of the highlights of our year. A fantastic family event where cyclists choose one of 5 routes to discover the Bristol area

Fundraising Ideas for Work or School - We can help you organise fundraising events with friends, family and colleagues.

Legacies - Remembering The Rainbow Centre through a gift in your will can help provide support for future generations.

If you would like further details on the above or to help The Rainbow Centre in any way please call us on 0117 9853354 or email contact@rainbowcentre.org.uk.

Thank you for your support.

"...I wish I could come to Rainbow and stay forever.... until I die.... or until I go to big school!"

Emma (7)

Children like Emma continue to need our support and we continue to need yours.

FREE WAYS TO HELP

-  Download the Giveasyoulive™ application to your PC, select The Rainbow Centre as your preferred charity and raise money when you shop online with hundreds of retailers.
-  Shop on Amazon via the link on The Rainbow Centre website www.rainbowcentre.org.uk and help us earn up to 5% commission at no extra cost to you.
-  Sell items on ebay and donate a percentage to The Rainbow Centre and reduce your seller's fees at the same time.
-  Donate an old car and unwanted car through a free and easy service Giveacar. Please visit www.giveacar.co.uk/charities/rainbow-centre-children for more information.
-  Donate your old CD's, DVD's and Games and we can recycle them with MusicMagpie.co.uk
-  Persuade your company / club to adopt us as their charity of the year
-  Donate your old foreign or UK coins and notes

For more details contact us on 0117 985 3354 or email angela@rainbowcentre.org.uk



I would like to help The Rainbow Centre

I enclose a donation of £ (If you are a UK tax payer please complete the gift aid declaration below and fill in your name and full home address in the box below)

Standing Order – the easy way to make regular donations please complete this form

Your details

Your full name, (or name of business) and address:

Bank and branch name, and address:

	Postcode:	

Account Name

Account Number Sort code

Standing Order details

How often do you want the donation made? Monthly Quarterly Half Yearly Yearly
Please tick as appropriate

Recipient's Name	Recipient's bank and branch name	Recipient's account number	Recipient's Sort Code
The Rainbow Centre	Lloyds TSB/Knowle	03645356	309483

Payment amount £ _____ First payment date __ / __ / ____

Payment amount in words _____

Payment reference (initials & surname) _____

Final Payment date __ / __ / ____ or Until further notice (please tick if appropriate)

Your agreement

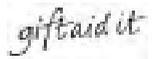
I authorise you to debit my/our account, in accordance with the details above.

Signature(s) Date

Gift Aid Declaration

Please tick

Please treat all gifts of money that I have made in the past 6 years and all future gifts of money that I make from the date of this declaration as Gift Aid Declarations.



You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity will claim from HM Revenue & Customs on your Gift Aid donation(s).

Signature Date

Please notify the charity if you:

- Want to cancel this declaration.
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains

Tax claimed by the charity

The charity will reclaim 28p of tax on every £1 you gave up to 5 April 2008. The charity will reclaim 25p of tax on every £1 you give on or after 6 April 2008. The Government will pay to the charity or CASC an additional 3p on every £1 you give between 6 April 2008 and 5 April 2011. This transitional relief for the charity or the CASC does not affect your personal tax position.

If you pay income tax at the higher rate, you must include all your Gift Aid donations on your self assessment tax return if you want to receive the additional tax relief due to you.

Thank you for your support

PLEASE CUT OUT FORM AND RETURN TO THE RAINBOW CENTRE



The
Rainbow Centre
for children

affected by cancer, life threatening illness and bereavement

27 Lilymead Avenue, Bristol, BS4 2BY

Telephone: 0117 985 3343

Email: contact@rainbowcentre.org.uk **Website:** www.rainbowcentre.org.uk

Twitter: @rainbowcentre

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