

Allergy Awareness Events from SBF

Our Allergy Parent Support Group (East Kent Allergy Group) will be starting again soon. This popular group full of parent-to-parent advice and expert guidance is based in East Kent but open to all. Specialist guest speakers are lined-up to appear and each meeting will have a specific topic and focus. New members welcome. Register interest at: info@sadiebristowfoundation.org.uk

The first ever Sadie Bristow Foundation Allergy Weekend will take place 24th- 25th September so don't miss it! We will have workshops, plus talks from professionals from within the allergy community. Taking place at: Chartham Village Hall, Chartham, Kent. An invitation will be sent our soon and promoted on our socials.

PICTURE GALLERY



May 2022

Sadie Bristow

FOUNDATION

Newsletter

Our Mission

The Sadie Bristow Foundation aims to continue her legacy by inspiring more children like Sadie to take up sport, and through improving allergy education

Dear Friends,

It's no secret that the Global Pandemic affected us all and that charities were the hardest hit. It's been a tough time for the Sadie Bristow Foundation but we are proud to still be here, doing the work that we know Sadie would be proud of.

We want to thank all of you – our lovely volunteers and supporters – for all that you do for us and for helping us get through such a hard financial two years.

Things are looking more positive now that the world is healing and we are forging ahead with our mission and are excited to get back out there, seeing more of you at SBF fundraising and sporting events.

We would love to hear your ideas for future fundraisers and we're always open to ideas so get in touch with either of us via info@sadiebristowfoundation.co.uk

Thank you once again

The Bristow's

Savings on Allergy Items

We are pleased to be partnering with Allergy Lifestyle, manufacturers of a leading range of EpiPen cases, medical bags and medical ID. Their mission is

simple: to help make allergy management safer and easier by providing quality products and information. Sadie Bristow Foundation supporters can help the charity when making purchases through

[www.allergylifestyle.com/product-tag/medilifestyle/Allergy Translation Cards | Sadie Bristow Foundation](http://www.allergylifestyle.com/product-tag/medilifestyle/Allergy%20Translation%20Cards%20Sadie%20Bristow%20Foundation) 10% of all proceeds from online shopping will be donated back to SBF.

Allergy Expert Talks to SBF

We were lucky enough to grab an audience with Paediatric Allergy Specialist Dr Helen Cox in a filmed Q&A session. This is a great step forward in our mission to help families with the anxieties and uncertainties of allergies. An invitation to the screening of this exclusive session will be coming your way soon. Many thanks to Bramling House for donating their venue for our film set and to Inventome Films for their work.

Follow us on social media!



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#sadiebristowfoundation #dontbeafraidtobegreat #skiforsadie



Tennisathon 2021

The two lengthy lockdowns were hard on us all but they were hardest for sports coaches and physical feat addicts like Sadie's

Dad, Stewart. Not one to let a global pandemic keep him down, Stewart embarked upon a 24-hour tennisathon – a mega doubles tournament – which saw him take on 48 pairings in 24-hours! And he did it, of course, entertaining the crowds, providing a great display of tennis and inspiring others to join in and get active.

His amazing partner for the day was 14-year-old Jake Wilson – a superb tennis player and a great friend of Sadie's.

It was a brilliant day of games, raffles and prizes, fun and laughter. Thanks to all who came and donated. [This year our Tennisathon is on 17th July. More to follow](#)

New Team Members

We are pleased to announce that two professional supporters have joined our management team! We welcome communications specialist **Melissa Paulden** on to the Marketing Team and **Faiz Kermani** on to our Allergy Team. **Do you have a skill that you could bring to our organisation?**

In the Snow

Sadie loved to ski and her family saw the benefits that skiing brought to her life. To bring more joy to more children the SBF are expanding our sports services to include skiing. Together with Snowsports England we are introducing skiing to children who otherwise wouldn't have access to the sport. Loaded minibuses with families from Bridge & Patricbourne Primary School have recently visited The Snow Centre at Milton Keynes, six times so far, introducing over 40 children to the sport. Through expert



Guidance and coaching children are not just picking up sporting skills but they are learning confidence, social skills and they're having a great time too.

Iris Wins U9 Tennis



One of our aims is to inspire children in sport and we are thrilled to provide group and individual tennis

coaching to school age children. One of our up and coming stars on the courts is Iris Grosso who, at the age of eight, competed at the Kent Championships LTA reaching the semi-finals of the U10 event and winning the U9 event. Since then Iris has continued to go from strength to strength. **Congratulations, Iris!**



Ski For Sadie 2022

Sadie Bristow was a unique individual. An athlete on both the UK U9's tennis circuit AND on the international ski slopes - and an inspiration to all who knew and loved her. In her honour SBF challenges its supporters and members of the public to several fundraising feats, Ski for Sadie being one them. Ski for Sadie offers a unique ski experience that combines a mixture of physical and fun challenges with the ultimate love of skiing in stunning locations. Participants face the competitions with determination, tons of energy and a smile - just like Sadie did with everything that she accomplished. In preparation for the next

big Ski for Sadie event, Sadie's Dad Stewart and two friends embarked upon a mammoth challenge: to ski 100km a day for five days straight across five European countries. When ski trips were cancelled for two years it was time to go big or.....don't go at all.

The ambitious trip was admittedly more challenging - mentally and physically - than the trio thought it would be - but the cause: raising awareness for the charity and continuing the legacy of a special young girl - drove them on to achieve great things on the slopes each day, no matter how tired they were. **If you enjoy skiing and want to join a fun and unique ultra ski challenge that gives back to charity then Ski for Sadie is for you! Register here: www.skiforsadie.org.uk/2021-registration/Ski-for-Sadie-Event-2021-The-Ultimate-Challenge-in-the-French-Alps**

Party in the Garden! Sunday July 31st 2022

Art



The Haywain pub in Bramling, near Canterbury, will hold a charity day especially for the Sadie Bristow Foundation.

The picturesque 1790 award-winning pub will stage a party in its large beer garden on Sunday 31st July where there will be Live Music, Real Ale,

Sale, Raffle and home cooked food in a festival setting. Everyone is welcome to come and support the charity and have a great day out! The Haywain is situated on the A257 between Littlebourne and Wingham.

The Story of Sadie



In August 2018, Sadie suffered a sudden and unexplained anaphylactic shock whilst out on a family picnic. We are not

certain what caused the reaction but such was the severity, Sadie was unresponsive to treatment and passed away the following day.

Sadie had food allergies from birth and was diagnosed as anaphylactic when she was five and was also diagnosed with Asthma.

Despite all her conditions Sadie was a fantastic athlete and at the age of nine, had achieved sporting excellence. Sadie was the No1 ranked tennis player in the UK in her age category, having won over forty tournaments across the UK in the 2018/19 season. She proudly represented her county of Kent

and was selected as a performance candidate by the LTA. As well as tennis, skiing was a huge passion of Sadie's, taking several ski adventures a season and regularly skiing over 80kms of piste a day with her Dad. **Ski for Sadie** is an annual event that we have created, which provides a challenge for others who are also passionate about snow sports. Sadie was also academically bright and as her teachers have said "wise beyond her years". She helped several children at school overcome their fears and was instrumental in helping one boy who had not spoken in the

Tennis in Schools

update:

Over lockdown, we faced the challenges of online learning, but we faced these challenges head on to keep our love for tennis through the difficulties. We ran activities, games and challenges online, adapting to the circumstances.

We were massively excited to get back to both schools in September, and so far, our programme has been great. We resumed our enthusiastic training in Bridge Primary

School and Chartham Primary School. This has been a fantastic opportunity to get more children and new families to find a love for tennis. Over the holidays we have continued to run our holiday tennis programmes. They have been highly successful with 400 children taking part over the four seasons. It is thanks to the help of Stewart and our volunteers: Ed, Patrick, Naomi, Kati, Rosie, Sophie and Ella that the programmes have been so fantastically achieved.