



**Sadie  
Bristow**  
FOUNDATION

**NEWSLETTER**  
**SUMMER 2023**

[sadiebristowfoundation.org.uk](http://sadiebristowfoundation.org.uk)



**Summer is here  
and there are all  
sorts of ways to  
get involved!**

## Sadie's legacy

The Sadie Bristow Foundation was formed by Clare and Stewart Bristow following the tragic death of their daughter, Sadie, in August 2018 due to a severe allergic reaction.

Sadie inspired so many people in her short life. The foundation was set up in her name to continue her legacy—inspiring children to participate in sports and discover their true talents through the foundation's Tennis in Schools programme.

The foundation aims to improve access to specialist allergy nurses and spread knowledge about allergy awareness.

Clare and Stewart would love to hear from you should you need any support or information about what they do or wish to help in any way. ■



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## For the love of humankind

Clare embarked on a University Masters in 2021 at the University of Kent. Here, she gives us an insight into some of the topics she is learning about.

'I wanted to gather as much insight into the charity sector as possible. This course has shown me where philanthropy grew from and why it still exists in the 21<sup>st</sup> century. Philanthropy comes from the Greek language, its translation to English "love of human kind". Individuals have been practising this as far back as the Greek gods.

'I have learnt a lot about the world's execution and translation of charity and how philanthropy may be different in other cultures and continents. I have learnt a great deal how people give their wealth, not just money,

but expertise and time to others, and how, in some instances, the wealth is at the cost of others! How the mega rich have a tainted reputation and how charities are delivering services across the globe to the UK.

'I'm in the final few months of my masters degree, and I am currently writing my dissertation.'

### **Would you like to get involved and help Clare with her research?**

Clare's research project looks to explore what role philanthropy has in supporting families with allergies.

She will be conducting a survey and interviews with families that have children with allergies to see how they feel charities have been supporting them and how they feel the money should be spent.

If you would like to get involved, please check the socials and website or you can email [clare@sadiebristowfoundation.org.uk](mailto:clare@sadiebristowfoundation.org.uk). ■

## Other news

Since Christmas, Clare and Stewart have continued with their in-school tennis coaching programmes and will be conducting a survey review.

As they come to the end of the three-year pilot programme in schools, Clare and Stewart now have a great amount of feedback. Each year the schools complete a survey and they develop and adapt where necessary from the feedback.

Next, they will be looking at the following stage of the programme locally. Their biggest challenge is the coaches in schools. Maintaining skilled individuals with a passion to work with children is their greatest challenge as a charity.

Do you know anyone who would like to develop their skills, help children enjoy being active and join the coaching team? Email [clare@sadiebristowfoundation.org.uk](mailto:clare@sadiebristowfoundation.org.uk). ■



Interested in hosting a fundraising event? Here are some great ideas to get you started: an afternoon tea, a sponsored run or walk, a sponsored sport/activity, an art sale, a village fete stall... get creative!

## UNDERSTANDING Allergies

**After a successful conference, last year, Clare and Stewart plan to hold another Understanding Allergies event in February 2024.**

Why 2024? With Clare focusing on her final year at university, they wanted to make sure the date was manageable for their small team.

You can view the filmed 2022 event online and make a donation so Clare and Stewart can continue producing this life-saving content for everyone. [sadiebristowfoundation.org.uk/allergy-support/online-resources](https://sadiebristowfoundation.org.uk/allergy-support/online-resources).

If you wish to sponsor them or if you would like an opportunity to speak or have a stand at the next conference, please get in touch by email [info@sadiebristowfoundation.org.uk](mailto:info@sadiebristowfoundation.org.uk) to register your interest. ■

## SBF is looking for Trustees!

**Clare and Stewart are looking for a couple of people to hold the positions of Treasurer and Secretary within the Sadie Bristow Foundation.**

What role will a trustee take? Successful candidates will meet four to six times a year with the SBF to discuss the future plans of the charity and to help ensure the goals are well thought out and achievable within the timeframe.

They will work as visionaries to come up with new ideas and provide accountability to keep plans on track. The foundation is also looking for volunteers to help plan and provide practical assistance during their fundraising and information events.

Please contact [info@sadiebristowfoundation.org.uk](mailto:info@sadiebristowfoundation.org.uk). ■

# Tennisathon September 2023

Details will be announced very soon...  
Follow our social media to find out more!

# Don't be afraid to be great!

## Ways to donate

There are several ways that you can help us to carry on with our mission by making a one-off or regular donation to [donate.kindlink.com/Sadie-Bristow-Foundation/4452](https://donate.kindlink.com/Sadie-Bristow-Foundation/4452)

Are you self-employed? You can donate a portion of your sales to our charity or, if employed, ask your company to nominate The Sadie Bristow Foundation as your company's Charity of the Year. Or, perhaps your company could do a fundraiser or match fund your challenge?

If you just don't have the time but would love to donate, you can sponsor someone who is already running a charity fundraiser for us like Jake Wilson and his dad Simon.

Jake was a friend and co-tennis partner to Sadie from a young age.



They grew up on the courts with Stewart. Jake, now 16, is just about to tackle his GCSEs. Sadie's words to Jake and our foundation's motto is:

'Don't be afraid to be great!'

We think he is amazing! Having lost Sadie and then Ed, also their friend and tennis partner, we think Jake has had to deal with enough pain. Join us in cheering him on. Read more about his epic challenge online: [peakpedalpaddle.co.uk](https://peakpedalpaddle.co.uk)

Please also consider nominating The Sadie Bristow Foundation to receive an award of £1,000 from Movement for Good. It only takes a few minutes to vote for us online and will make a huge difference if we win! [movementforgood.com/#nominateACharity](https://movementforgood.com/#nominateACharity). ■

# Party in the Park

30<sup>th</sup> July, 2023

The Haywain Pub  
Wingham, Kent



Please support our Party in the Park by donating gifts, volunteering your time or spreading the word about the event and the work of the Sadie Bristow Foundation.

# Online community

We have an allergy chatgroup, specifically for parents and carers of children with allergies. We organise parent and child meet-ups as well!

Connect with us on Facebook by searching for: **Parents Allergy Support East Kent.** ■



## Ski for Sadie

Are you interested in helping us make Ski for Sadie a corporate fun activity? We'd love to give this event more traction. Do you have contacts in companies or know a group of friends that want to take on the challenge for 2024? We'd love to hear from you. ■

## Follow us on social media!



sadiebristowfoundation



bristow\_sadie



sadiebristow\_foundation



the\_sadie\_bristow\_foundation

## Minibus Wanted



To continue our excellent work here we need your help! The SBF are fundraising for a minibus of our own so that we have the freedom and ability to get more inactive children out and about to experience tennis, skiing and more.

Help us achieve this goal by organising a fundraising event for us or by donating here: **[donate.kindlink.com/sadie-bristow-foundation/4452](https://donate.kindlink.com/sadie-bristow-foundation/4452)**. ■