



**Sadie
Bristow**
FOUNDATION

NEWSLETTER
DECEMBER 2023

sadiebristowfoundation.org.uk

Understanding Allergies conference and Fantastic News



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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2024 Allergy Conference

The 24th February is a special occasion as the in-person allergy conference for parents carers takes place again in Kent - *Understanding Allergies*. We are extremely proud of the day and our amazing specialists in the fields of Allergy, Asthma, Dermatology, Dietetics and Psychology.



Fantastic expert panel

The fantastic Dr Helen Brough, a consultant in Paediatric Allergy at Immunology at Guys and St Thomas Hospital, London, and Dr Francesca Sawyer a clinical psychologist with Allergy interests at who is an advisory board member at SBF. A full list of our speakers can be seen online at <https://shorturl.at/szILY>

Great guest

speakers

We welcome guest speakers Natalie, who is the founder and lead trainer at the Allergy Badge, an accredited

allergy training provider, Hazel Gowland a food allergy expert patient, researcher and university lecturer, Catherine Sutton from Airborne Allergy Action and Simone Miles from Allergy UK—all dedicated to bringing their expertise to parents and carers.

Sponsors

Would you like to sponsor this event? A big thank you once again to sponsors already signed up: ThermoFisher, Kitt Medical and Creative Nature.

Looking ahead

If you would like to offer your services towards the 2024 conference, contact the Sadie Bristow foundation. Donations can be made online at sadiebristowfoundation.org.uk/donate.



Will you help us organise 2024's conference?

We are also offering those in the hospitality sector a chance to learn 'How to administer adrenaline or help during an anaphylactic reaction' at our conference. If you'd like to get involved or attend please get in touch at info@sadiebristowfoundation.org.uk. Sponsoring our work enables us to reach families and professionals with life-saving allergy information.



NEW Bursary for Families

**Update from Clare Bristow,
CEO of The Sadie Bristow
Foundation**

**One of our goals is to provide
an Allergy Clinic.**

**Whilst we aren't there yet
we can confirm we have set
up a special Bursary.**

**This is open to anyone who
lives with a child with
allergies.**

**You can apply for funds from
the Bursary and if successful
you will receive a one-to-one
consultation with an allergy
specialist, access to a
dietician, dermatologist and
psychologist.**

**We are so thrilled to be able
to work with Dr Helen
Allergy to deliver this
specialist care.**



Half Marathon 2024!!! This time I am running with our ambassador Thalina

I'm teaming up with Tee from
Allergies in Bold to take on the
Queen Elizabeth Olympic Park
Half Marathon in aid of our
foundation.

Please consider sponsoring us!
<https://donate.kindlink.com/Sadie-Bristow-Foundation/4452>
and be sure to add 'marathon
donation' in your message

**Alongside being a mum and
running the charity I have
been studying for my Masters
Degree in Philanthropy.
The title of my thesis was:
How has philanthropy
supported families with
allergies? And how can it be
developed in the future?**

Supporters



**Shout-Out to our fundraisers
Over the summer we have been
grateful to see many of you raise
money for the Sadie Bristow
Foundation.**

A group from the ISG Lloyds retail
team took on the Three Peaks
Challenge, raising over £3,000.
It was such a huge undertaking
and we are so thankful to them all!
This incredible amount was then
matched by their company.
They encountered all kinds of
weather – from sunshine to
hailstones – and before
conquering Scafell Pike (Lake
District), and Snowdon (Wales)
they endured a demanding 10-
hour climb of Ben Nevis in
Scotland.

A huge thank you to two
young fundraisers, Jake
and Phoebe, who along
with their dads, took on
a unique 'Peak, Peddle
and Paddle' challenge.
Their fundraising feat
started with a trek
Mount Snowdon, the
tallest mountain in
England/Wales.
They then road bikes
through the Welsh
countryside, leading
them to the shores of
Llyn Tegid (Bala), the
longest lake in Wales.
There they completed
this triathlon by
paddleboarding and
kayaking the entire
length of the lake

Support group

We have had several
successful meet-ups and
online sessions.
We also have a new
addition to our Advisory
Board: Dr Francesca Sawyer
will be providing support
and advice to parents.
Francesca is a chartered
clinical psychologist who
specialises in paediatrics
and child development.
With a focus on allergies
and anxiety Francesca is all
about equipping families
with the tools and
strategies to tackle anxiety
head-on, leading to
improved well-being and
an enhanced quality of life.



Join our team

Our work is made possible with the help of generous individuals who give their time and financial support to further the work of the Sadie Bristow Foundation. We are currently recruiting the following roles:

.. secretary

·If you're interested, we'd love to hear from

you:

info@sadiebristowfoundation.org.uk

Clare was also invited to speak at the Anaphylaxis UK Symposium which was a proud moment.

If you would like Clare to speak at an event or to your school/workplace get in contact.

