



Parents' Association for
Seriously Ill Children

Fundraise for PASIC

Who are we?

The Parents Association for Seriously Ill Children provide practical, financial and social support to children and young people with cancer, their family and carers. Based at Nottingham Children's Hospital we aim to give children and families the means to build support networks, reduce isolation and offer financial assistance, helping to make a positive difference to families whose children's lives have been impacted by childhood cancer.

What do we do?

We are a parent led charity with direct experience of such illnesses and the difficulties faced. Our experience working with families over the past 35 years has highlighted the issues that families face following diagnosis. We use our understanding to support the whole family unit by:

- **Helping parents' deal with the financial hardships they often suffer as a result of needing to reduce, or give up work by providing access to PASIC grants;**
- **Help the affected children and their parents deal with the impact of diagnosis and associated isolation of hospital stays, sometimes long distances away from home, through one to one support;**
- **Improve the wellbeing of the affected children and their families by arranging parties, social events and day trips allowing them to forget their illnesses for at least a few hours, and enjoy quality family time together;**
- **Provide practical support, advice and 'signposting' services to other sources of assistance**

Why do we need YOUR help?

To be able to offer the services that we do, and to continue supporting families who are desperately in need of our help, we require sustained funding and ongoing financial support. We, and the families that we support are incredibly grateful for the generous support that we continue to receive but unfortunately, there is always a need for more!

PASIC ensures that your donations go directly to supporting families. Because we are primarily run by volunteers, our overheads are exceptionally low, ensuring that the funds donated to us make the maximum difference to those they are intended for.

YOUR help is needed to ensure we can continue our fantastic work, to help those that currently need our services and those that, unfortunately, we know will come to need it in the future.

Helping to make a **positive difference** to families whose children's lives have been impacted by **cancer**

Case Study: Darcey's Story ...



Twin-sister Darcey was only a tiny 2-years-old when she had a high temperature. Her mum Sam had an uneasy feeling and decided to take her straight to A&E. A mother's instinct was right on this occasion, because a consultant immediately indicated that something was terribly wrong.

Darcey had little pinprick dots all over her body, and Sam thought she was assuming the worst when meningitis entered her mind. Cancer was never a consideration.

The next morning, Darcey was diagnosed with Acute Lymphoblastic Leukaemia. In this moment, everything changed for the Ince family, including her twin-brother Harrison. All normality fell away, and they were thrown into an alien world of illness, hospitals and treatment. Sam recalls the morning, **"It was a blur, I kept hearing the word 'cancer' but couldn't associate with my child. I didn't know what Acute Lymphoblastic Leukaemia was, I didn't understand how it could be treated."** Yet within 12 short hours of diagnosis, Darcey began chemotherapy.

In that first terrible week of treatment, PASIC got involved straight away, talking them through the diagnosis and was there every step of the way. The journey was long – Darcey underwent 3 intensive blocks of treatment, each lasting 10 weeks. She couldn't walk and lost her hair three times. The hair loss had a deep impact on the family, especially her twin brother Harrison who was devastated when her hair fell out. However, Darcey didn't care when her long locks disappeared. She was just too poorly to notice.

Darcey was a smiley happy little girl, but in hospital began covering her face and refusing to speak to doctors. PASIC helped to change this, but it was a slow road as Darcey had lost trust in adults. PASIC also helped the family to cope with her personality change when the steroids took their toll.

Harrison was affected by Darcey's illness – he became a nervous little boy affected by separation anxiety after always being used to Darcey being around. PASIC helped with this problem too, and suggested he saw the hospital play therapist which helped to alleviate the problem.

More than anything, the trips and activities were absolutely crucial for maintaining an element of normality for the Ince family.

Mum Sam said, **"When your child is ill, everything you once did as a family becomes impossible. No soft-play, no outdoor paddling, no swimming, no trips away or going on holiday. You have to take time off work which means your income drops, and suddenly you have very little money to spend on day-trips. Life quickly becomes very grim. Every time you leave the house, it's to go to hospital."**

This is why going to Drayton Manor was really important for the Ince family... Darcey was so poorly, she had to stay in a buggy all day, but she was always smiling. It was wonderful for Mum to see the twins do something normal together. Many organisations that help sick children only support the child with the illness – PASIC is different. They allow families to maintain their bond, which is especially important for twins Darcey and Harrison.

The Christmas and Easter parties were a god-send for the family... it meant they could have fun and forget about their problems. It was a very special time for the Ince family. Everyone is the same, no one is pointed out for looking different. It means children can go along even when they are very ill.

Darcey had her last treatment in June 2012, and a year on she is gradually becoming stronger and experiencing lots of 'firsts'. She swam last weekend and is hoping to begin gymnastics soon too.

During her entire treatment over two years and three months, Darcey had 19 lumber punctures, 6 blood transfusions, 8 platelet transfusions. With PASIC's constant support and help, they were able to make it through this very difficult time.



How You Can Get Involved ...

You may have already decided on your fundraising event or challenge but if not, there are many ways you can get involved and raise money for PASIC – we have a dedicated team who can help you with fundraising ideas, support your events, and help you with materials and offer support and advice along the way.

By fundraising for PASIC you are not only helping to raise vital funds but also helping to raise awareness of childhood cancer - from cake sales to running marathons, whatever you decide we are here to support you with your fundraising.

With Friends

Get together with your friends, group, club or community and organise a fundraising event. There are many things you can do, from small to big, such as: cake sales, coffee mornings, raffles, quiz nights or an Open Garden Party.

Joanne heard about our charity from one of our volunteers and chose to raise money for PASIC by organising an Open Garden at her home. Joanne displayed her award winning garden to the public, sold cakes and tea and organised a tombola and raised a fantastic £157!

At Work

A charity partnership with PASIC will focus on the joint objectives of both us and your business. It can bring together many of the components of your CSR goals and can also introduce new ways of working. Supporting a local charity can help with staff engagement and team building. We have a great wealth of experience in developing and supporting mutually beneficial charity partnerships.

GET INVOLVED through fundraising activities, sponsorship opportunities, staff engagement, volunteering, payroll giving; there are lots of ways companies could partner with PASIC!

Be Active

Take part in a challenge - local or national and push yourself to the limit! Taking part in a sponsored event is a great way to raise money and get fit. Run, Walk, Cycle, Dress Up, Skydive or Climb, simply set up an online fundraising page at www.justgiving.com/pasic and help to make a difference.

Martin Said *'I wanted to support a local charity which helps children and their families. I hope whatever I raise can help make life a little better at what must be a very difficult time'*

With School

Involve staff, pupils and parents with fundraising activities such as; dress down days, concerts, fun runs and sponsored silences. Fundraising is a fantastic way to teach children about helping others, teamwork and charity. There are lots of fun activities your class or school can do to help raise money for PASIC, turn fundraising into FUNdraising!

More Fun Ideas

Bring & Buy Sale, Comedy Night, Disco, Family Fun Day, Fun Run, Jumble Sale, Non Uniform Day, Quiz Night, Raffle, Sponsored – Silence, Swim, Run, Talent Contest, Skydive, marathons – you can visit our website for further fundraising ideas

www.pasic.org.uk

Fundraising Tips ...

Sponsorship

Setting up your own online sponsorship page is the easiest and quickest way to raise funds from your friends, family and colleagues. Setting up a page is quick and easy and the money collected will come directly to PASIC. There are two options where you can set up your own fundraising page, you can go to www.justgiving.com/pasic and promote your challenge on facebook, twitter or at work.

Publicise

To help maximise your fundraising it's important to tell everybody what you are doing. There are many ways you can raise awareness about your event or challenge from word of mouth to press releases. Contact your local paper or radio station and tell them about what you are doing, they might be interested in covering your story. We can help you with posters to put up around your local area or workplace or you can post your event on your own social networking pages.

Keep it legal

When you are fundraising for PASIC you are operating independently rather than 'on behalf of' or 'representing' PASIC. You are fundraising 'in aid of' PASIC and it is

important that you use this wording on any correspondence along with the registered charity no: 506778

First Aid

Ensure you have adequate cover depending on the scale of your event, if you're unsure, check with your local council.

Collections

If you are planning on organising a collection at a public event or on the street you will need to contact your local council for a license. If you want to do a collection on private property, for example; a supermarket or shopping centre, you will just need the permission of the manager and PASIC will be able to provide a letter of authority to confirm that you are collecting in aid of our charity.

Food & Alcohol

Check if the venue is licensed to sell alcohol or contact your local council about a temporary license. If you are selling food you will need to ensure you have are meeting hygiene regulations, you can contact your local council or visit www.food.gov.uk

And finally ...

We can't thank you enough for choosing to support PASIC with your fundraising event or challenge, we hope it's a huge success and look forward to hearing all about it. After your event remember to send your donation in to PASIC, we can arrange a cheque presentation

if you like and we'd love to feature your fundraising story in our newsletter so remember to send us some photos!

For more information about how you can support PASIC, visit www.pasic.org.uk



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