



Sophie's Appeal Information Booklet



Support Treatment & Research

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info@sophiesappeal.org

Reg. Charity: The Sophie Barringer Trust
Charity No: 1111154



Sophie's Appeal (SA) welcomes you to take a look at this Information Booklet in the hope you will find out a little more about the charity and the magic it has been creating since 2003.

You may be reading this as a potential family hoping to holiday at Sophie's Rainbow Retreat (RR) or you may have come across this booklet and just wanted to find out more, either way Sophie's Appeal thank you for your time and hope to have raised awareness amongst your community.

As you read on, you will see that the charity has been honouring commitments and funding various initiatives since it became a registered charity in 2005. Sophie's Appeal was set up as the fundraising arm of The Sophie Barringer Trust and is proud of its achievements to date and continues to make a difference to families living in the Wessex region; with the most recent commitment being a respite facility called Sophie's Rainbow Retreat.

It has been a dream of Sophie's Appeal to be able to offer free holidays to families who have already endured so much. Sophie is the inspiration behind the charity and it is a privilege to be able to help families in her memory. Rainbow Retreat opened its doors on the 3rd of March 2019 which for Mike and Lin, the cofounders of the charity, was a fitting tribute to mark their daughter's 21st birthday.

What you may not know is that Sophie's Appeal is entirely volunteer-led and relies on the generosity of kind-hearted individuals to make donations, raise sponsorship and hold 'in aid of' events. The volunteer trustees work hard behind the scenes to provide support to the loyal supporters and volunteers, form corporate partnerships and planning and hosting their own fundraising events. The trustees recognise how important it is to raise awareness of the charity and strive to have a presence at local community events to help spread the word and encourage others to volunteer. Every penny raised goes back in to keeping the work of the charity going.

Sustaining Rainbow Retreat costs around £25,000 a year and SA want to keep honouring this commitment to allow as many families, in need, to keep using this fantastic respite facility.

SA hope this booklet gives you all the information you need, but if you had any questions or feel inspired to volunteer and be part of the magic that is Sophie's Appeal - please do not hesitate to get in touch using info@sophiesappeal.org

We very much look forward to potentially hearing from you.

Warmest regards

Sophie's Appeal Team

Email: info@sophiesappeal.org or visit: www.sophiesappeal.org

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For any enquires relating to Rainbow Retreat please email:
rainbowretreat@sophiesappeal.org

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The inspiration behind the charity

Sophie Louise Barringer

Sophie was a happy healthy five-year-old who had just celebrated her auntie's wedding as her bridesmaid.

Exactly one month later Sophie was diagnosed with a rare form of kidney cancer called Wilms Disease, following only a few days of feeling unwell. Sophie's tumour spread from her kidney up her main vein and into her liver and heart.

Sophie immediately began an intensive regime of chemotherapy to try and shrink the tumour and without surgery to remove the tumour, her outlook was very bleak. After weeks of chemotherapy, Sophie underwent a major operation during which her heart was stopped to enable the surgeon to remove the tumour from her heart, liver and left kidney. The operation was a success but, combined with the radiotherapy and continued chemotherapy, Sophie was very poorly.

Following weeks of touch and go, Sophie pulled through and became well enough to leave the hospital and go home to her family in Eastleigh, Hampshire. Family life became almost normal, interspersed with regular visits to hospital for chemotherapy, blood tests, transfusions and more. Life was turned upside down again when a routine scan gave the news the family had all dreaded. The cancer had not been beaten and the chemotherapy was no longer working.

Sophie died at home on the 9th December 2004, at the age of just six. Sophie, throughout her illness, always wanted to help and in her words 'all the other poorly children' and that legacy is just as strong now as it was when Sophie was alive.



Aims of Sophie's Appeal

Support

One of the founding aims of Sophie's Appeal is to support the social, emotional and educational welfare of children, their families, nursing and support staff and provide a caring and supporting environment in both local hospitals and in the community.

Treatment

To provide additional resources to meet the specific needs of cancer care and childhood diseases. The trust aims to work with two Hampshire hospitals and monies raised can meet their treatment requests.

Research

Without research ... Without hope. This is why it is vital to support research and development into treatments and cures for childhood diseases.

Sophie's Appeal is proud to be entirely volunteer-led, which means every penny raised goes to fund the commitments the charity has pledged to support. Please see below to find out more about what the charity and its loyal supporters have been achieving together since its conception in 2003 and as a registered charity in 2005.

Sophie's Appeal Fundraising Achievements

Northbrook Children's Ward

Sophie received some of her treatment on Northbrook Ward at the Royal Hampshire County Hospital in Winchester. It was known as her 'shared care' hospital. It was during a stay on Northbrook Ward that Sophie's Dad struck up a conversation about helping to provide modern facilities for outpatient children. The idea for Sophie's Place was born.



Sophie's Place is a purpose designed area of Northbrook Children's Ward for treating children for routine treatment, tests, referrals from GP's and more. Sophie's Appeal helped fund the decor, flooring and wall murals which enabled the hospital to concentrate on providing modern, efficient medical equipment, whilst the environment helped children to feel more at ease.

Sophie's Place opened on 24th October 2007.



Sophie's Appeal also funded the newly painted corridor, two cubicles used to treat cancer patients and Sophie's Den, which will be used as an isolation suite for children undergoing Chemotherapy.

The reception area on Northbrook Ward now provides a warm, friendly and secure entrance where patients are greeted. The area also provides a quiet room for breastfeeding and a toilet for patient use. This was made possible due to a donation of £80,000 from Sophie's Appeal. The work was carried out and officially opened in 2017.

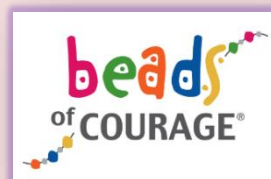


Piam Brown Ward - University Hospital Southampton

Sophie received most of her treatment on Piam Brown at Southampton General Hospital. It was here, while spending weeks at her side, Sophie's parents decided they wanted to raise money to help improve the environment for both the children and parents on the ward. From Sophie's Appeal first few fundraising events, the money was donated to enable the ward to replace all the curtains and bedspreads to bring instant freshness to the ward. Some of this money was also used to buy a new cooker for the family room to enable all those staying on the ward to prepare their own meals. Sophie's Appeal liaises with Piam Brown on a regular basis and is delighted they are one of the main referrers, on behalf of families, for Rainbow Retreat.

Beads of Courage

In 2004 Sophie's Appeal began to fund a project called 'Beads of Courage' on Piam Brown. Children are given a bead each time they receive treatment; be that a blood transfusion or a round of chemotherapy. Every bead tells a story and marks certain milestones in both their life and their treatment. This project is really important as it helps children to explain their treatment to others and to show how far they have come on their cancer journey. Sophie's Appeal is proud to still be funding this initiative and donates £5000 a year which is shared out between Piam Brown and Northbrook Ward.



Sophie's Surprises

Sophie's Appeal is pleased to be able to offer Sophie's Surprises. These are one off respite opportunities and may range from days out for children and their families to help ease the stress and escape the strains of hospital life, if only for a short while. Other surprises have included trips to the theatre and visits to theme parks. Requests can be made by emailing: info@sophiesappeal.org

Family Photo Shoot

Sophie's Appeal offer Family Photo Shoots to families with children that have tragically received a terminal cancer diagnosis.

Research

Sophie's Appeal was proud to have funded a two-year research project at University Southampton Hospital between 2006 and 2007. The research was led by Sophie's consultant, at the time, Dr Jan Kohler. This project made groundbreaking research that was published worldwide. £5,000 a year was pledged towards this research.

Sophie's Appeal also pledged £15,000 to help fund a research project at University College London, in 2010 which was headed up by Professor Kathy Pritchard Jones. This project provided research into molecular biology of childhood Wilm's Tumour (same cancer as Sophie) to give children the best chance of a long-term cure without undue risky and potentially damaging side-effects.

Rainbow Retreat Grand Opening

It had always been a dream of the charity that one day a home from home could be made available, free of charge, to families who have a child living with a life limiting illness or have suffered a recent bereavement.



After a huge fundraising drive by the charity and its loyal supporters holding in aid of events, the donations received meant Sophie's Appeal could finally purchase a static home at Rockley Park, Poole and make that dream a reality.

Sophie's Rainbow Retreat was opened on the 3rd March 2019, a special day for Lin and Mike as it would have been their daughter's 21st birthday - a fitting tribute for such an inspirational young girl.

Rainbow Retreat is a 6-berth caravan based at Rockley Park, Poole and is not far from Poole hospital, should families need it whilst staying at the retreat. Rockley has an indoor and outdoor pool, crazy golf, amusement park, restaurants, takeaway facilities, entertainment, shops and access to the nearby beach. Sophie's Rainbow Retreat is very well equipped with everyday items. All guests need to bring is their food, drink, toiletries and towels. Bedding will be provided, except for the travel cot. **Please note the retreat is a strictly no pets and no smoking facility.**

The Rainbow Retreat logo has actually been taken from Sophie's handprint, which she had stamped onto a tile. This image was transferred and used as a template to create the colourful helping hand logo, allowing Sophie to forever be remembered for what she started and continues to inspire.



How to book a break at Rainbow Retreat

If after reading through this booklet, you would like to book a free respite holiday at Rainbow Retreat or know of a family that may be interested - please do get in touch for a **RR Holiday Request Form** by emailing rainbowretreat@sophiesappeal.org



On receiving a **Request Form** eligibility will be checked and the Rainbow Retreat Manager will make contact ASAP with the outcome. Please note - there may be a wait due to many families requesting breaks.

If a family is eligible for a stay, they will receive a **Holiday Confirmation** email with the date of holiday and all the information they will need for a wonderful stay.

How can you support Sophie's Appeal?

Sophie's Appeal is grateful to all its supporters - without YOU the magic simply cannot happen. Perhaps you may want to give something back and here are some ideas about how you can do just that...



- Scan the QR code and donate via our Just Giving Page
 - Pop your spare change in to one of our Collection Boxes
 - Share our posts on Social Media
 - Request a Fundraising Pack and hold an 'in aid of' event
 - Vote for us at Token Drop Schemes
 - Sign up to the Giving Lottery
- <https://www.givinglottery.org.uk/support/the-sophie-barringer-trust>



Sophie's Appeal would be delighted to offer help and support should you decide to fundraise on our behalf. Please do get in touch by emailing info@sophiesappeal.org

More information about the charity can also be found at www.sophiesappeal.org

Find, Like and Follow us on:

<https://www.facebook.com/sophiesappeal>

<https://www.instagram.com/sophiesappeal>

<https://www.tiktok.com/@sophiesappeal>

Below, you will find photos of the team behind the scenes helping to make the magic that is Sophie's Appeal.

We very much look forward to hearing from you.

Sophie's Appeal Team

Reg. Charity: The Sophie Barringer Trust
Charity No: 1111154

Meet the Team



Mike Barringer
Volunteer Trustee Treasurer &
Sophie's Daddy



Lin Barringer
Volunteer Trustee &
Sophie's Mummy



Julie Hewlett
Volunteer Trustee
Chairperson



Laura Renwick
Volunteer Trustee
Secretary



Abbie O'Reilly
Rainbow Retreat Manager



Holly Wright
Volunteer Trustee