

# Christmas 2007

Finola, her family and Jasper wish you a very sparkling, healthy and Happy Christmas. May 2008 bring you Health, Happiness and Peace.

This year's Christmas card has had the help of Jasper, Finola's tabby cat, who saw fit last year to test the Christmas tree as soon as all the decorations were taken off it. We are very much hoping that this was a novelty idea of his as it was his first Christmas !

## THE FINOLA TRUST WEBSITE

Last Christmas was full of hope for the website however unbeknown to me great changes were about to happen in our lives (see [Mummy's turning point](#)).

The Trust website between 2008 – 2012 is going to have to work very hard for Finola if we are going to have any chance of raising a target figure of minimum **£150,000** to allow Finola to attend a 'suitable' residential College that will give her a 'suitable' Independent Living Course. If you live in England or Wales families are NOT asked to find this kind of money so why in Scotland? In this current day trend of equity and diversity surely this is discrimination of the highest order to a vulnerable sector of society.

**Between 2008 – 2010 a minimum of £50,000 has to be raised if Finola is to go to residential college. A further £50,000 is going to be required for 2011 and another £50,000 for 2012**

- Is this extremely daunting? **YES**
- Should we as a family have to be doing this? **NO**
- Are we trying to do something about this issue not only for Finola's own future but for all families that live in SCOTLAND who have children in Finola's situation? **YES**
- DOES THIS SCENARIO NOT MAKE YOU THINK? **WE HOPE SO**

# FINOLA IS GROWING UP!

Last year we saw 'the turning point' in Finola's life..... this year 2007 has been a great year where Finola's cognitive understanding of both herself and the world has taken leaps and bounds. She is much more competent about being able to express her own wishes and thoughts and at times shows a great maturity far beyond her 15 years.

For example a recent conversation to mummy was along the lines of:

**"Mummy you are not too old, you are only ....yrs (a woman's prerogative). I think you should find a nice handsome man before you get too old, who has a handsome son so I can have a half brother. Then I won't worry about you when you are old as you won't be on your own when I am not living here any more"**

## WOW HOW OLD IS FINOLA?!

### **Finola's own perspective regarding her future**

When asked by Careers Scotland in a recent careers interview Finola advised that she would like to stay on in school to join the leavers group (age 18yrs) but then go to Residential College and evidentially live in a house with other young people (with mixed ability).

For this vision to be achieved I am very aware that it will not be easy however I am determined as her mother that she will not be let down by systems that are currently a postcode lottery (see Residential College).



Finola is confirmed in St Johns,  
Church of St John the Evangelist,  
Princess St, Edinburgh on 6 May 2007  
By Reverend John Armes

#### **FINOLA IS NOW A GODMOTHER**

Finola was thrilled to be asked to be Godmother to Harriet Helen Bayne-Jardine who was christened on 22 July 2007 in Humbie Kirk

# HEALTH & WELL BEING

Finola has once again enjoyed a year of good health overall however there are areas of concern surrounding tightening muscles that are affecting positioning of right foot / left leg and knee. Her appointment to see the spinal surgeon has now arrived and we will be seeing him in February 2008. As I indicated last year we will be keeping an 'open mind' about surgery options when we see him as the 'well being of the mind' has to be balanced with the health of the body. Any decision will be made with Finola's own input.

Correct posture is still a vital area for Finola and is still problematic for correct sitting. However everyone involved with Finola are all working together to ensure that she is as comfortable and correctly positioned as far as possible.

**Our special thanks go to Braiburn School, Bobath Scotland, Orcadia, Tracy and all who are involved with Finola.**



Finola has shown great maturity this year and is starting to blossom into a young lady.

**Can you believe she is going to be 16 years old in May 2008 – help!**

# ACHIEVEMENTS:

## TECHNOLOGY AWARD 2006 - 2007

Finola was awarded the Technology Award 2006 - 2007 by Braidburn School during last summer term. **Well done to Finola.**

**Orcadia Summer School Club – Drama and music 2 weeks July 07.**

## FINOLA IS FILMED



Finola had such a rewarding week last year with Orcadia that the Trust funded a 2 week placement with Orcadia this year **(cost: £310.)**

## ORCADIA, CREATIVE LEARNING CENTRE

**(reg charity no. sco 19623), Email: [orcadia1@btconnect.com](mailto:orcadia1@btconnect.com)**

Orcadia provides holistic, person-centred, Communication Arts programmes for all ages. Art, Music, Puppetry, Drama, Animation, Dance & Movement are classes on offer at this unique centre located in Portobello.

The aim of the centre is to encourage their 'students' abilities – to nurture and develop physical and creative participation in the arts.

Finola along with others on the course and some of her new friends, Barry, Jamie and Keith from Orcadia, produced a short story/music and affects & made a short film titled 'The Sea Monster and Brian May'. Each child came home with a CD of which Finola quite rightly is very proud of. Well done to them all!



## Some of the Orcadia team with Finola July 2007

Finola has now outgrown the standard play schemes available and I feel Orcadia is an organisation that Finola is going to be closely linked to over the coming years. She has already requested to attend the complete 4 week Summer School Club during 2008 whereby the cost will be in the region of **£620 approx.**

## 1:1 MUSIC SESSIONS WITH ORCADIA

Cost £16.50 per session. Cost funded by the Trust.

**After the October break Finola has now started 1:1 music sessions with Orcadia as an after school activity. She has advised me that she will be 'cutting' a CD soon!**

This again is a huge step forward as we are now moving into the evening territory which obviously impacts on her tiredness level by the end of the week however Orcadia is a **must** as anyone who is involved with Finola knows!

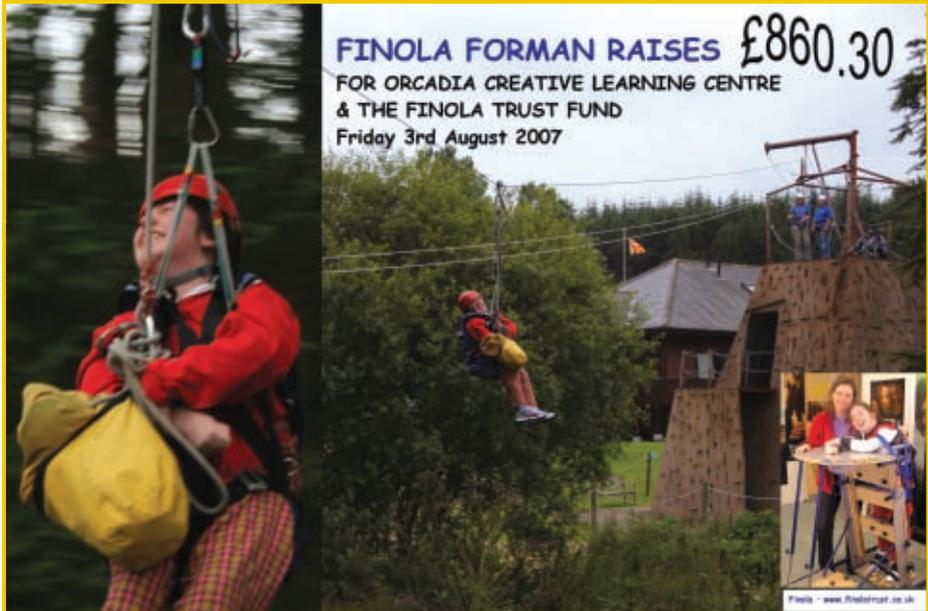
Finola decided she wanted to give Orcadia something back as she feels Orcadia is bringing out the 'real' Finola. So whilst on holiday this summer at the Calvert Trust, Keilder Water (cost: £1200 activities and chalet) she did a solo zip wire (first time ever on her own without the extra support of a nice young man). We were very pleased to have Liam (Finola's school friend), join Grandma, Jos the dog, Jasper the cat, mummy and Finola on a weeks holiday at Kielder with Tracy coming for 2 days to help load / unload and pack up. **Thank you to everyone for helping make the holiday happen.**

# ACHIEVEMENTS:

## Finola flies for Orcadia

Friday 3rd August 2007 Calvert Trust, Kielder Water

Thank you so very much to all the family and friends who came and supported her.



## Finola seeks out music lessons with Firrhill High

Finola recently came back from school very excited and wanted me to go straight to her room so she could tell me that I was to say **'YES'**. Obviously my first question was **"what am I saying yes to?"** Finola carefully explained that she had been speaking with other senior members of school who were currently attending music, art or cookery lessons with Firrhill High (a secondary school which joins on to the back of her Special Needs school). Finola having found out that people enjoy the weekly classes very much and have to wear Firrhill High uniform (which was another plus) she then sought out the necessary link teacher on her own to ask her if she could go for a visit. The link teacher has advised me that Finola has informed her that she knows that the classes are far bigger than she is used to but would very much like to go because she was sure that she would enjoy it. I have since heard that Finola has visited the school and will hopefully be joining either the drama or music class next term.

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What a step forward this has been... for Finola to have thought out the process and sought the various pieces of knowledge PRIOR to making her decision and then seeking out the link worker. **Excellent Finola – very well done.**

## **MUSIC & DANCE 1:1 with Suzi**

We have been exceptionally lucky with meeting Suzi this year. She has brought dancing into the equation with the music and singing on a weekly basis. She also gives Finola wonderful feet, hand and head massages and most of all 'real friendship'.

**Thank you so very much – you are definitely one in a million Suzie.**

**Funded by the Trust - £100 per month.**

## **WEEKLY MASSAGE THERAPY**

Is there anybody out there?

We would like to thank both Lee who departed to travel and Joni for all their valuable support during their time with us.

**We are now seeking an experienced special needs MASSEUR who would be willing to come to our home on a weekly basis.** If you know of anyone please let us know as it is vital we reinstate massage therapy as soon as possible. Cost funded by the Trust.

Thank you very much. **Tel: 0131 553 6058**

## **BOBATH SCOTLAND CONSULTATIONS FOR 2007 Trust has donated £500 during 2007**

A very big thank you goes to Philip Vervaeke, Bobath Clinical Specialist Physiotherapist who as always gives not only Finola but also her mother huge support and encouragement. Finola had 2 Consultations this summer and worked extremely hard at both.

To enable us to get the most out of the sessions for the last two years we have managed to stay at the Beardmore Hotel in Clydebank rather than commute from Edinburgh. Our thanks goes to everyone at the Beardmore for helping us with all the equipment that we have to bring – especially to Nada for her great kindness and to Alan and Charlie (hotel concierge).

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# FINOLA TRUST UPDATE

As always may I say a HUGE thank you to EVERYONE who continues to support Finola. Without you life would be very different for her ... the Trust's role in the next few years are going to be VITAL if we are to secure the kind of future for Finola that will enable her to flourish.

The biggest ever **THANK YOU** to everyone for their kindness and support. These may be small words but they are said with huge sentiment.

## AIMS OF THE FINOLA TRUST

These aims were made when the Trust was first formed in December 1996, however 11 years later they are proving to be essential if Finola is to be given the opportunity of living as full a life as is possible...

- To raise funds to provide additional therapy from Scottish Bobath Association [www.bobath.org.uk](http://www.bobath.org.uk) (a charitable organisation) or other therapy as deemed appropriate by the health professionals/parent.
- To purchase specialised equipment as needed.
- To ensure that funds are available at all times to cover these needs without delay should the NHS/Social Services or Education dept not come forward with funding.
- To purchase in the future, as and when required, for Finola's educational needs and her general well being.
- To ensure that on the event of mishap occurring to the Trustee that this account is preserved on behalf of Finola Morag Forman in its present form by the Trustee's of Henrietta Susan G Forman's Will (Turcan Connell WS Solicitors, Saltire Court, Edinburgh).

The Trust Fund never knows what is going to have to pay for however this year I am starting to get some really shocking news about the future. Before I move on to the RESIDENTIAL COLLEGE scenario we truly THANK YOU for all your very valued contributions.

**TOTAL monies RAISED 2007**                      **£ 8,193.48**

**TOTAL monies SPENT 2007**                      **£11,918.83**

This compares to last year 2006 - where re raised £9,955.49 and spent £11,103

**EXAMPLES OF SOME OF THE COSTS INCURRED DURING 2007**

Finola Trust Van not inclusive of daily running costs. (£1,450 on turbo/ suspension... suspension only half completed. Other half to be completed 2008)	- £ 2,101.35
Finola website: new look 2007	- £ 878.90
Christmas card and Newsletter 2006	- £ 675.00
Donation to Bobath Scotland	- £ 500.00
Accommodation at Clydebank to enable attendance at Bobath Scotland during the summer	- £ 258.25
Massage / music & drama (2 separate services incl)	- £ 2,125.00
Voicetext (programme and training)	- £ 1,108.00
Calvert Trust holiday (chalet hire and bought in activities only)	- £ 1,200.00
Orcadia (donations and summer school) Plus weekly cost for music 1:1	- £ 726.15 - £ 148.50

# FUNDRAISING & HUGE THANK YOU'S

## TO EVERYONE WHO HAS HELP SUPPORT FINOLA DURING 2007

Thank you so very much to you all and I am so sorry if I have missed anyone out from this year's personal thank you from the Trust. This is not intentional but this year has seen a very different year one way and another (see Mummy's life changing year)

### TO NAME A FEW:

Leith Rotary Club	£200
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Redmarley, Gloucestershire Lent lunch	£107
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Donations from Christmas card 2006	£2,738
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Great Edinburgh Run 6.5.07	£600
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Our sincere thank you goes to Jeannie and Andy, Jenny & Darren for their fantastic run.



Darren, Jenny & Jeannie pictured with Finola at home. May 2007.

# FUNDRAISING & HUGE THANK YOU'S

TO EVERYONE WHO HAS HELP SUPPORT FINOLA DURING 2007

Monthly BACS donations from family & friends £1,872.00

Various donations further £1,487.72

Finola flies solo £860

The NHS Retirement Fellowship – Edinburgh & Lothian Branch  
Coffee morning held at St Johns 1.11.07  
on behalf of the Finola Trust Fund £643.37

Car Boot sale 2.12.07, Greenside, Edinburgh £147  
Special thanks goes to Petra for helping Henri on the day.

## BIG THANK YOU, THANK YOU & THANK YOU

to each and every one of you.

### THE CHRISTMAS CARD & NEWSLETTER

A very big thank you as always goes to Isabella and the team from Kall Kwik, for realising Finola's instructions into this year's wonderful Christmas card – Jasper, herself and of course Father Christmas. Thank you very much.



# MUMMY'S TURNING POINT

This year has seen great change for the whole family which has not only affected Finola and mummy, but also Grandma. I decided on the 1st January that change had to happen for all our sakes this year, so on my birthday I decided to hand my notice in to the NHS. I left the Scottish Health Service on 4 April 2007 after 9 years service within the Convention Management Service. Emotionally this change was extremely demanding to begin with as I have never stopped working and surviving since Finola was 3 months old. However it was a very necessary move and by middle of May I am **extremely proud and pleased to say that Henri Forman Event Management started trading.**

Henri Forman **Event Management**



[www.hfevents.co.uk](http://www.hfevents.co.uk)  
[www.hfeventmanagement.co.uk](http://www.hfeventmanagement.co.uk)



**The team delivered a hugely successful conference run for the NHS Senior Pharmacists in Scotland at the end of October. Check our website to see what they said...**

My decision to leave the NHS was not an easy one and it was made primarily on the fact that I realised in order to make Finola's own vision of her future happen it is going to require true flexibility from me to be able to keep control of my own workload in conjunction with raising her profile to enable her to go to residential college in 2010 PLUS ensure that she receives a care package around her which truly reflects her need now and for the future.

Also for a great many years we have relied on the stoic support of Grandma of which we are **hugely indebted**, but Grandma must be allowed to do things differently. Thank you so very much to Grandma and Jos for all your help and your continued support.

# RESIDENTIAL COLLEGE 2010

Last year I stated that Finola 's request to attend **Beaumont College in Lancaster** had been put forward. I stated that the cost would be in the region of £95K a year with no guarantee of funding.

On 1.10.07 – Finola, Grandma and I travelled to Lancaster in one day (7hrs return trip) to visit Beaumont. After having had a very interesting tour and Finola had asked her questions we came to the subject of finance.

Having met Finola their words were **“the cost would be in the region of £140,000 per year.”** They advised that although Scotland had funded places in the past no funding had been received for any child whatsoever for the last 3 years.

If we lived in England the costs would be **met in whole** by the Learning and Skills Council/ Health and Social Service

If we lived in Wales the Welsh Government **again meets the whole cost** along with Health and Social Services contributing.

**In Scotland – families have to raise £420,000 if they want to attend! Is this right? Should Scotland not have a conscience? Scottish Parliament what are you doing about it?**

Obviously this was shocking news so I then visited **Portland College** that had been recommended to me in Nottingham on 5 December where the cost I understand will be **in the region of £85 – max £110K per year**. The cost will be determined once Finola has had a 3 day stay with them for assessment in February 2009. This is definitely the college for Finola...

**Visit [www.portland.ac.uk](http://www.portland.ac.uk)**



# RESIDENTIAL COLLEGE 2010

The aim of the College is to provide an environment where appropriate guidance can be given on request and in which individual students can develop their potential, become more independent, gain self-esteem and prepare for employment.

**The 40 acre campus is situated in an attractive wooded setting (wait for it...) in the heart of SHERWOOD FOREST (Robin Hood country!)**

What realistic help can we expect with the funding? Scotland has contributed £17 K from Social Work and £17K per year from Education for a child currently attending.

**HOWEVER IS THIS RIGHT?**

Should families in Scotland be expected to source these **HUGE sums of money** when their counterparts in the south have their fees funded in full?

**Does Scotland have a 'suitable' alternative residential college? I understand NO, but I am currently pulling the evidence together along with input from Careers Scotland.**

If anyone would like to add voice to this unacceptable scenario please do comment on Finola's website. I WILL be taking this forward on behalf of not only Finola but all the many children in Scotland who are currently being **DISCRIMINATED** against a basic human right – to learn to live independently.

[www.finolatrust.co.uk](http://www.finolatrust.co.uk)



# ANOTHER ABSEIL...

finola  
trust 2008

## OR EQUIVALENT DURING 2008

The Wallace Monument did not happen so.....

August / September 2008 this WILL HAPPEN SOMEWHERE.....PLEASE ANYONE INTERESTED in doing another hair raising abseil please let me know by emailing me at [henri@finolatrust.co.uk](mailto:henri@finolatrust.co.uk) or registering your interest on Finola's website - [www.finolatrust.co.uk](http://www.finolatrust.co.uk). We will then send you the details once they have been set. All proceeds will be going to the Finola Trust Education Fund. Thank you very much.



The last Abseil raised for the Trust in the region of **£13,000** and had 76 abseilers.... Please if you are interested in launching yourself off somewhere then please **DO GET IN TOUCH... we really need YOUR SUPPORT**. Thank you very much.

# FOR 2008

Fundraising has to begin in earnest so what else are we going to do?

## COME TO 'FINOLA'S GATHERING'

Date: Friday 4th April 2008

Venue: Glenbervie House Hotel, [www.glenberviehousehotel.com](http://www.glenberviehousehotel.com)

Tables of 10... tickets £45 per person

Enjoy fine dining / good wine / friends plus there is more

Ceilidh band / Gary James' table magic / Finola Trust raffle / the auction and more...



**finola trust 2008**

Helping Finola to have a future...  
and having fun!

**Finola's Gathering**

To be held on **Friday 4th April 2008**  
at Glenbervie House Hotel, Glenbervie, Stirlingshire



**Don't miss out – this is not only going to help Finola's future  
but it will also give YOU a good night out! Finola will be there!**

To register your interest or request tickets email:

[henri@finolatrust.co.uk](mailto:henri@finolatrust.co.uk) or via Finola's website [www.finolatrust.co.uk](http://www.finolatrust.co.uk)

or Tel: 0131 553 6058 Mobile: 07720 837683