

## Fundraiser Gus Maughan writes:

In 2017 a much healthier version of myself set out to do my first half marathon in support of Hannah's Fund, no training whatsoever. I vowed after that day to never do any endurance sports again, 6 years later I got the running bug.

Earlier this year I moved to Sydney and found running to be the perfect way to get out in the sunshine and explore the city. I signed up to city2surf, the highest attending run in the southern hemisphere (80,000 people this year). The run goes from Sydney CBD for 14km finishing along the front of Bondi Beach.

As I went down the running rabbit hole, I got ahead of myself and signed up for the Sydney Half Marathon in September. Again, another beautiful run starting at sunrise over the Harbour Bridge. And finishing in the botanical gardens above the opera house.

I did all of this in support of Hannah's Fund. Hannah was my cousin and this charity has always been very close to me and my family so any time we decided to get out there and raise funds it was the first charity in mind!



## Useful Contacts

### CHANGING FACES

Providing support and promoting respect for everyone with a visible difference  
[info@changingfaces.org.uk](mailto:info@changingfaces.org.uk) / 0300 012 0275

### CONTACT

Support to families with disabled children, providing the best possible guidance and support.  
[helpline@contact.org.uk](mailto:helpline@contact.org.uk) / 0808 808 3555

### YOUNG MINDS

Supporting young people and their mental health.  
Text Line: Text YM to 85258 for free  
Parents Helpline 0808 802 5544

### KOOTH

Your online mental well-being community  
[kooth.com](http://kooth.com)

### FAMILY FUND

Providing grants for families raising disabled or seriously ill children  
[info@familyfund.org.uk](mailto:info@familyfund.org.uk) / 01904 550055

### CITIZENS ADVICE

Help with housing, money, debt or benefits.  
England 0800 1448848  
Wales 0800 702 202

### CARERS UK

Expert information, advice and support for unpaid carers  
[advice@carersuk.org](mailto:advice@carersuk.org) / 0808 808 7777



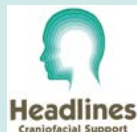
## Contact Hannah's Fund

Registered charity number 1175857

Hannah's Fund, 4 Home Park Road, Saltash PL12 6BH

[@HannahsFund](https://www.facebook.com/HannahsFund) [@Hannahsfund](https://www.instagram.com/Hannahsfund) [www.hannahsfund.co.uk](http://www.hannahsfund.co.uk)

There is a link to our donation page on our website.



## Contact Headlines

Registered charity number 1058461

[info@headlines.org.uk](mailto:info@headlines.org.uk) 0330 120 0410 [www.headlines.org.uk](http://www.headlines.org.uk)

[/headlinescraniofacialsupport](https://www.facebook.com/headlinescraniofacialsupport) [/headlinescraniofacial](https://www.instagram.com/headlinescraniofacial)

# Hannah's Fund

Last Newsletter - Autumn 2023 [www.hannahsfund.co.uk](http://www.hannahsfund.co.uk)

It's time to fold  
our wings ... but  
Hannah's legacy  
will go on

Read more inside



Supporting people affected by Craniosynostosis



## Time to fold our wings

**At the end of this year, Hannah's Fund will be celebrating how, since 2017, we have been providing psychotherapy to individuals affected by Craniosynostosis.**

It's been an incredible journey from a small endeavour in 2015 to becoming an official charity with a board of special and amazing trustees in 2017. Setting up and running Hannah's Fund has been an endeavour that, as Trustees, we are immensely proud of. The charity has provided invaluable support to help those young people with Craniosynostosis and their families in a way that Hannah Lindfield would have wanted.

Our Chair has reflected that we could not have achieved all that we have without the team of dedicated and caring Trustees. They have given so much of their time - constantly fund raising and even, without complaint - attending lengthy meetings on Sunday mornings!

However, due to a variety of reasons, we have recognised that it is time to fold our

wings and integrate with Headlines, a much larger charity than ours. This promises to be an exciting future where Headlines will continue Hannah's legacy by supporting families and individuals living with Craniosynostosis.

As Trustees we want to say a massive BIG THANK YOU to Psychology Associates Ltd who have supported Hannah's Fund from the very beginning. They have worked tirelessly in the background to match suitable therapists to the referrals we received. They have made a tremendous difference to people's lives.

A recent quote from a Hannah's Fund's client says so much:

*"At the start of the year I was really struggling with the never-ending medical needs for my new-born baby and the constant crushing feeling of guilt that I was to blame, especially when I looked at him and all I saw was tubes coming out of his face. With the support of Hannah's Fund, I was able to work through my feelings and understand it wasn't my fault and the sessions provided me with coping mechanisms to help for when my children go through operations in the future."*

TO CELEBRATE 10 YEARS OF  
HANNAH'S FUND AND MOVING ON  
WITH HEADLINES

## 'THIS IS ME'

### UNMASKED BALL

SATURDAY 4TH NOVEMBER  
7PM - 1AM  
BORRINGTON GOLF CLUB

TICKETS AVAILABLE AT HANNAHSFUND.CO.UK -  
£50 PER PERSON OR £450 FOR A TABLE OF 10.

INCLUDES: WELCOME DRINK, 3 COURSE MEAL,  
MAGICIAN, DANCING, INDOOR GOLF AND MORE!

'THIS IS ME' FILM AND PRESENTATION  
SHOWN ON THE NIGHT.



HANNAHSFUND.CO.UK

## Moving forward with Headlines

[www.headlines.org.uk](http://www.headlines.org.uk)

Headlines are the leading UK charity supporting people with Craniosynostosis and other rare craniofacial conditions. Their Trustees have very clearly stated that they will build on Hannah's legacy by ring fencing the money from Hannah's Fund for counselling and therapeutic support for individuals and families. We look forward to seeing them take forward our commitment to therapy and psychological sessions for all those that need support to overcome all that comes their way.

The monies accrued through the Hannah's Fund charity to support people with Craniosynostosis is due to fantastic endeavours from so many fundraisers. It has given us great pleasure to read about their achievements. We will be passing this revenue across to Headlines. We wish Headlines the very best in continuing to support special individuals and their families in the future.

## Fundraiser Josh Lindfield writes

A group of us ran the Bristol Half in May 2023, and, to keep myself running, I looked for a target 6 months later, so a Half Marathon in San Sebastian to tie in with a holiday sounded perfect. Five months later after a 'couple of weeks break to recover' I got back to training and started an eight week training plan, with four weeks to go. The weather in San Sebastian in October is 28°C (83°F) so this was definitely my hottest run so far.

San Sebastian was my last run for Hannah's Fund, I was very pleased to do her proud with this one final challenge to raise funds for a charity doing great things for young people with Craniosynostosis.

