

# TYMES TIDINGS

2019

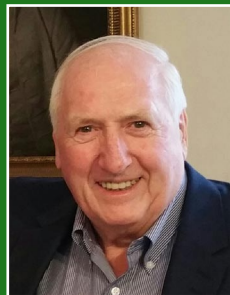


The Queen's Award  
for Voluntary Service

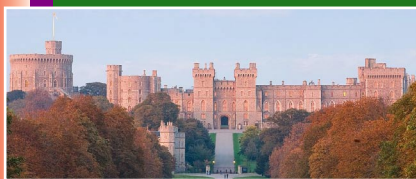
*The MBE for volunteer groups*



It has been a rather special year! The Trust was one of only 200 charities selected to attend a Reception at Windsor Castle given by The Queen on 2nd April to mark the Centenary of the National Council for Voluntary Organisations, who represent fourteen and a half thousand charities.



The event gave recognition to the voluntary sector, those charities purely run by volunteers who are often unsung heroes in their local communities. Our Executive Director Jane Colby and I were honoured to be received by The Queen, as were all the invitees. It was a warm and happy occasion where we were made very welcome.



Previously the Trust had received the Queen's Award for Voluntary Service. We would like to thank all our volunteers for their dedication. We often hear from those who have contacted our Advice Line Team, whose support and kindness seems to know no bounds. Would you like to volunteer?

## WHAT, MORE THROWS?

Yes, it's Mr Harley's prezzie time again! I have more cosy, comforting fleece throws. Last year they were very popular. Just email me on the Contact Us form at [www.tymestrust.org](http://www.tymestrust.org) if you'd like one.



Keith Harley  
Chair of Trustees



# Tymes Trust's Young Hearts Day 29th November 2019

Jean  
Mc Donald,  
mother of three  
sons with ME,  
writes:

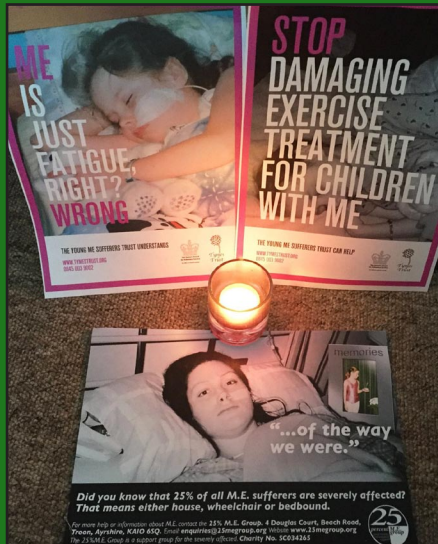
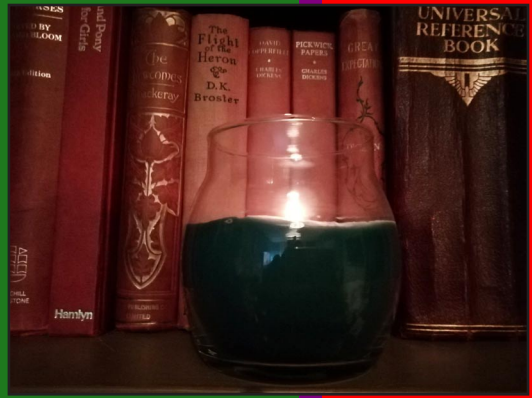
"What a wonderful event Young Hearts Day is. It means so much to us, uniting us all in our thoughts and awareness of others, of such a cruel illness and the fight we all have to carry on as best we can."

She reminisced about last year: "It was so moving to see Terry Waite at the House of Lords presenting the crystal Heart to Jade's mum. Thank you to TYMES for making happy memories." See pages 6-7.





Can you spot your candle here?



Families and supporters tweeted their candles with lovely messages and posted them on Facebook and other social media. We heard from others who marked the day privately. Cards written by Tymes Trust Young Officers Isla and Amy went with a little gift to children whose parents requested one.

Did you know that 25% of all M.E. sufferers are severely affected? That means either house, wheelchair or bedbound.  
100 West Hill, 11th Floor, London, W14 9JG. Email: enquiries@1inmgroup.org. Website: www.1inmgroup.org  
The Tymes Trust Group is a support group for the severely affected. Charity No. 55082441



# Your Artwork

We love to see your artistic interpretations of the designs on our postcards. Art Certificates and prizes waiting! Family and friends can help if you're too ill to finish it on your own.

Lucy (16)



Jacob (7) Lotte



Lucy (16)

Elsbeth (12)



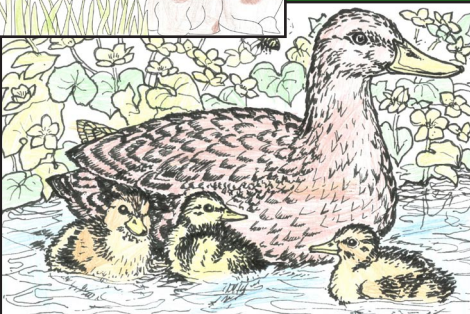
Lauren (8)



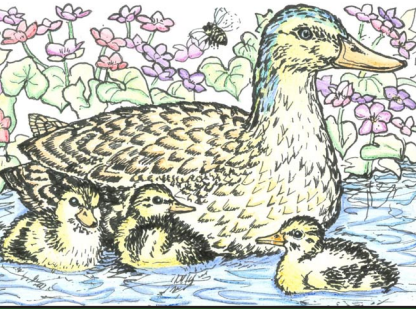
Lauren (8)



Archie (15)  
Emily (6)  
Harry (3)







James (16)  
Jacob (8)  
Lotte (18)

Aimee (14)



(8)  
(18)



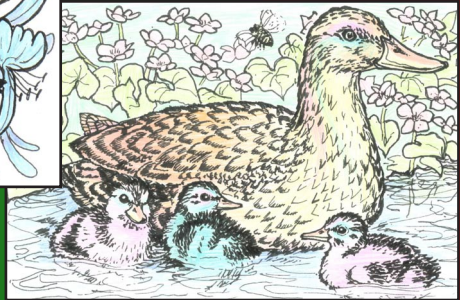
Gemma (13)



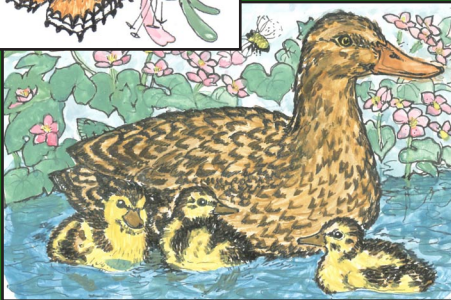
Jacob (7) Lotte



Sylvie (11)



India (15)





## Chloe's Books



Chloe, now an artist who designs and sells colouring books and also offers "Happy Pawtraits", sent us some of her seasonal books to give away. We sent out over 75 to younger members and those who are especially interested in our Art Cards. Would you like one? It doesn't

matter what age you are - everyone loves colouring!

"Here are the colouring books, cards and bookmarks. I am super happy you love them and I hope everyone who gets one enjoys the art. You've always brought me such happiness. I'm grateful I can now pay back some of it.

Love Chloe xxx"



## What Is Young Hearts Day?

When we posted Rachael's Young Hearts Design on Facebook, some parents new to the Trust asked "What is Young Hearts Day?" On November 29th 2004, Terry Waite launched Young Hearts, the Trust's book of poetry by young people with ME, in Warwick Castle. It was the dream of 14 year-old Jade Scarrott who joined the Trust. As we started work on the book, her life was tragically cut short in a random accident on our roads. Her mother Karen describes Young Hearts Day as her legacy. Each year we invite everyone to remember children with ME everywhere, and we recognise schools and others who

support them. Terry Waite wrote in the book, "Suffering need not destroy." We thought we would show you the beautiful day Jean

McDonald was remembering in her reminiscence on pages 2-3.



Karen Scarrott, mum of Jade, receives a Waterford Crystal Heart from Terry Waite



YOUNG HEARTS DAY



Dear Jane And  
Everyone At Tymes Trust

I just wanted to say thank you so much for my birthday card and the lovely pens and certificate that you sent me for my colouring in of the ducks. Your words were so kind about it and it really made me smile.

It arrived the day before my birthday and it was like

another birthday present! So

thank you for that and also I wanted to say thank you for all you do as a charity.

It really is amazing and you have helped us so much.

Love, Lucy x

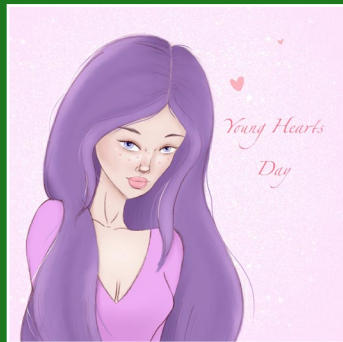


## Rachael And Gemma's Designs

Young Officer Rachael developed two beautiful designs for Young Hearts Day this year. We used the hearts balloons on Twitter and Facebook when we invited everyone to share the day with us and light their candle. This in turn inspired Gemma to draw her own Young Hearts Day image. It



certainly took off! You might like to create one too?



## Sylvie

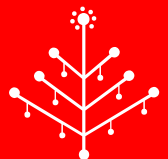
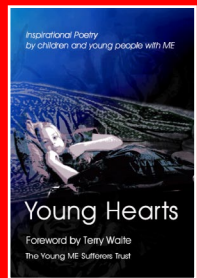
Can you spot Sylvie's sketches on other Tymes Tidings pages? She decorated her envelope with them when she sent us her Art Card for a prize and an Art Certificate! We send out an Art Card for you to colour in every Welcome Pack, and in Tymes Tidings, and sometimes as a surprise at other times in the year.



Jean McDonald @JeanJeanie218 · 1h  
@JaneCColby Thank you for birthday wishes, another year older, another year remembered and supported by Tymes Trust. Luv you guys. xxx



Copies of  
Young Hearts  
are available  
from the Trust at  
£7.95 inc p&p





## A Day At Windsor

The Reception by the Queen at Windsor Castle that we were honoured to attend gave us many happy memories and it was good to meet so many volunteers from other charities of all kinds. We thought you would like to see our personal souvenirs.



## Hereward House School

We would like to thank Hereward House School for their longstanding support of Tymes Trust and children with ME. Do you know a school to whom you would like to give a Young Hearts Award Certificate for supporting you? Tell us about them on the Contact Us form at [www.tymestrust.org](http://www.tymestrust.org). You can let us know at any time in the year. You can make your own formal or informal arrangements for a presentation, and send us a photo!



Hello Jane, Sylvie loved receiving her card and notebook. Thank you so much to you and Isla. She said she "feels a part of something". Young Hearts Day is such a nice idea. Kate x



Hereward House School Headteacher Pascal Evans receiving a Young Hearts Award from Terry Waite



Thank you so much to everyone who has donated to support the work of the Trust. For those considering it, be reassured: we never put you on a list to ask you for more!



Tymes Trust, PO Box 4347, Stock, Essex, CM4 9TE  
Advice Line 0845 003 9002  
Joint Parent and Child membership available  
Register at [www.tymestrust.org](http://www.tymestrust.org)  
Registered Charity 1080985

