



24 The Crescent, Chartham, Canterbury, Kent, CT4 7PX

## Events upcoming

- » **Wednesday 24th April.** The foundation's launch at Bridge and Chartham Primary schools. This will be attended by a number of associations, tennis players and former Olympian.
- » **Sadie's Day.** Tennis Associations across the UK will be holding a special day at their clubs, in order to raise awareness for the foundation and our aims, as well as fundraise and enjoy a great day of tennis. Foundation resources will be available to all clubs participating.
- » **Queens Club London.** A day's events at the prestigious Queens club in August. Open to clubs holding a "Sadie's Day".
- » **Ski for Sadie.** A unique event in the French Alps. Reaching piste markers set across a number of ski areas including Tignes and 3 Valleys. Daily kms skied, vertical metres and number of markers reached all registered via a special app.
- » **East Kent Allergy Mums:** is a drop-in support group with its first meeting being held on the 19th March at the Little Hands Sure Start centre in Wincheap.

## Online References

Sadie - initial just giving page  
[www.justgiving.com/crowdfunding/sadiebristow](http://www.justgiving.com/crowdfunding/sadiebristow)

## Foundation Website

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

## Ski for Sadie

[www.affordable-skiing.co.uk/ski-for-sadie/](http://www.affordable-skiing.co.uk/ski-for-sadie/)

**East Kent Allergy Mums:** a link can be found on Facebook

Facebook: Sadie Bristow Foundation

## Kent online

<https://www.kentonline.co.uk/canterbury/news/girl-saves-four-lives-after-tragic-death-192271/>

**Anaphylaxis Campaign** <https://www.anaphylaxis.org.uk/>

A charity who support people and families at risk of severe allergies.

**Allergy UK** <https://www.allergyuk.org/>

The leading national patient charity for people living with all types of allergy. We work with government, professional bodies, Healthcare Professionals and corporates towards our vision and to help improve the lives of the millions of people with allergic disease."

## Sadie Natasa Bristow

In August 2018, Sadie suffered a sudden and unexplained anaphylactic shock whilst out on a family picnic. We are not certain what caused the reaction but such was the severity, Sadie was unresponsive to treatment and passed away the following day. Sadie had food allergies from birth and was diagnosed as anaphylaxis when she was five and was also diagnosed with Asthma.

Despite all her conditions Sadie was a fantastic athlete and at the age of nine, had achieved sporting excellence. Sadie was the No1 ranked tennis player in the UK in her age category, having won over forty tournaments across the UK in the 2018/19 season. She proudly represented her county of Kent and was selected as a performance candidate by the LTA.

As well as tennis, skiing was a huge passion of Sadie's, taking several ski-adventures a season and regularly skiing over 80kms of piste a day with her Dad. **Ski for Sadie** is an annual event that we have created, which provides a challenge for others who are also passionate about snow sports.

Sadie was also academically bright and as her teachers have said "wise beyond her years". She helped several children at school overcome their fears and was instrumental in helping one boy who had not spoken in the school for over a year.

Sadie was also part of a mentoring program to help children who felt upset or lonely. She went through an application process from which she was chosen, which is testament to her caring nature.

Sadie was a very giving and compassionate little girl, always wanting to help fellow school mates, teachers and her tennis companions. It is our belief that Sadie would have agreed to donating her organs and Sadie has gone on to help save four people who were critically ill or in intensive care.



## The Sadie Bristow Foundation

We have established the Sadie Bristow Foundation; a legacy for Sadie and as a family we wish to continue her life and love of tennis through the foundation, along with supporting allergy awareness and research.

Our aims are to provide schools with a sporting module of fundamental athletic movement and tennis, to give all children the chance to increase their sport and tennis participation, to provide support through creating awareness of allergies, training nurses as allergy specialists and work on establishing an allergy advice centre.

### Schools

- » We will provide schools with a comprehensive tennis, athletic learning module,
- » Sessions will increase children's athletic abilities, along with sport-specific-skill for tennis. Fundamentals of agility, balance and co-ordination will be at the forefront of the programme,
- » Tennis and athletics will be combined for greater enhancement (and possible crossover in sport participation),
- » Learning, confidence and in turn participation and competitiveness will all improve,
- » The inspiration behind the sessions will be "Sadie's Way"; high athletic ability in tennis.

### Allergies and Anaphylaxis

- » Train local nurses to become a specialists and advisors for allergies,
- » Open a support clinic in the South East of Kent,
- » Support further research into preventing allergies which could develop into anaphylactic conditions,
- » Educate the wider community by providing information at schools and clubs,
- » Open a parent support group for parents and their children from ages 0-5 years,
- » To train local health professionals who go into schools and playgroups/nurseries etc.

### Our Support

- » **Gary Drake** (a former tennis champion), who is a member of Wimbledon AELTA
- » **Michelle Robinson**; a former British Olympic Athlete, who will help us with the fundamental athletic program at the schools
- » **Kent Tennis**
- » **South East LTA**
- » **LTA**
- » A number of associates are working together to make the foundations program in schools operational and successful. We are also working with a local network of coaches to help deliver the modules at the schools, both through tennis and athletics. This includes Christchurch university Canterbury.
- » **Build My Ski Trip** - providing arrangements on the Ski for Sadie event.

Additionally two other charities; Allergy UK and Anaphylaxis Campaign, are supporting us in our plans and we will aid them in research and create specific programmes to help Allergy sufferers and their families.

With the help of Anaphylaxis Campaign, we are funding a free programme which will be available to all playgroups and drop in centres to provide a Allergy concious messy play and environment for children.

