



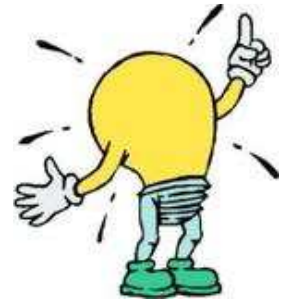
Click [Here](#) to find out more about the RHF

Registered Charity No. 207479

Patron: The Princess Royal

Spring 2011

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The Rowland Hill Fund launches it's Handyperson Scheme

Could you change a lightbulb? It's easy, isn't it? Just unplug the old one, plug in the new one... But what if it's the one at the top of your stairs, high above the landing, and you're an older person, not too steady on your feet, perhaps can't see as well as you used to, and you're very worried about having to tiptoe on a chair to reach it?

Handymen help frail older people on limited incomes and disabled people of all ages, not only by changing lightbulbs for them, but by doing a host of other minor jobs around the house.

We want to assist older and disabled people to be independent, to take away the financial burden and offer a convenient service.

Who can apply?

The service is primarily available to people over the age of 60 but consideration is given to those over 50 with a disability.

What do we offer?

Clearly we can't do everything but we will help towards the cost of basic household and maintenance tasks and minor home adaptations.

What do you need to do?

It's easy – just call the free confidential Helpline available 24/7 on **0800 6 888 777**

You will be in contact with a trained adviser who will undertake a short telephone assessment and prepare a report detailing your position.

You will be asked to give details of your income and expenditure and any savings you have, as well as details of your Royal Mail service.

With your agreement, they will forward the report to the Fund for consideration by Trustees.

You will be required to provide documentation that supports your application such as medical or other evidence of need, along with cost estimates where applicable.

Call the free confidential Helpline available 24 hours a day, 7 days a week - 0800 6 888 777



[Click Here to Donate](#)

Fantastic Fundraisers!

A big thank you goes to our South West volunteers for raising £1,500 through a variety of fundraising events.

Thanks also to Pauline Vickers (RHF Trustee) and Anna Gray who have raised £160 from their bi monthly London Women's Network meetings and to Ken Simpson (Post Office Ltd) for raising £100 from the set up of a tuck shop.



Civil Service Insurance Society

The Civil Service Insurance Society (CSIS) is a not for profit organisation offering discounted Home and Motor Insurance to all serving and retired Royal Mail people, and their partners. All their surplus income is donated to public service charitable causes, and the Rowland Hill Fund has been a long standing beneficiary. The CSIS can be contacted at <http://www.csis.co.uk>

“Nat Fed” Welcomes the Rowland Hill Fund

We are attending the National Federation of Occupational Pensioners conference in the **Spa Complex in Scarborough** on 10th and 11th May 2011. Come and see us and find out a bit more about what we do.

Spotlight On Trustee Chris Littlejohns

I started working in the City in 1971 almost by default - one of my principal passions then was (and still is) the cinema. However, despite my best efforts I couldn't find a job as a studio trainee.

I had invested some of my earnings from holiday jobs in unit trusts and developed an interest in the stock market. Therefore one day I went to the London Stock Exchange looking for a job.

There I was directed to an organisation called the Stock Exchange Clerks' Pension Fund. Amazingly at my first interview with a 200 year old firm called Mullens & Co I was offered a position as a valuations clerk at £1250 a year.

Mullens was acquired in 1986 (at the time of 'Big Bang') by S.G. Warburg which then split off its fund management division. The latter became Mercury Asset Management and subsequently BlackRock. I remained with the business for the entire period (36 years). During that time I worked on the fixed income side for a short while but then became an investment analyst looking at UK equities. Later I moved into fund management looking after charitable portfolios for 27 years. In retirement my interests include gardening the cinema and golf.

[Click Here to Donate](#)

Tristan's Done It!

After all the hard work the day finally came and we are delighted to announce that Tristan Prince successfully completed the London Marathon with a very respectable time of 4hrs 17mins 34secs.



With less than 40 days to go Tristan was running 4 times a week to ensure he was in peak condition for the big day. His fitness had increased over the past month or so to a point that he found doing a half marathon distance quite easy (words he never previously dreamed he would be saying!!). His final preparations included running 20 miles as a “warm up”!

Fundraising has been going really well and he has raised £936 in sponsorship with loads of support from friends, family and colleagues. You can still show your support for the Rowland Hill Fund by donating whatever you can. It's not too late! www.sponsor-me.org/marathonrowlandhill

Before the run, Tristan told us “The last thing that I would like to do is to thank everyone that has sponsored me and shown their support for The Rowland Hill Fund already. It is their kind words and support that has kept me out training on those cold winter evenings and I hope to do everyone proud on the big day.”

You certainly did Tristan!

Is Your Region Supporting the Fund?

The Rowland Hill Fund is your only “in house” charity supporting your colleagues in times of need.

We cannot do this without your help.

Make your Region a top fundraiser for the RHF by encouraging others to donate or by organising fundraising events.

Contact us by emailing rowland_hill_fund@royalmail.com Or Phone 0800 232 1762

We'll also be visiting Delivery Offices soon, so why not see us for a chat.

Letters

"May I on behalf of my wife and me thank you for your generous help towards the cost of installing the stairlift in our home.

It has made a terrific difference to our quality of life and will enable us to remain in our home a lot longer."

"Thank you for all your help and kindness showed in helping to fund my husband John's taxi travel to and from St Thomas's for his life saving treatment.

We could not have afforded the taxi charge ourselves; it made life more tolerable although the treatment has still taken its toll.

We know there is light at the end of the tunnel and look forward to healthier days that we know will come."

To apply for assistance

Call the **free confidential Helpline** available **24 hours a day, 7 days a week - 0800 6 888 777**

"I am writing on behalf of my father, he wants to pass on his heartfelt thanks for the grant of £880 towards his Electric Powered Vehicle. It will make a big difference to his life. Thank you."

easyfundraising
.org.uk



Don't forget to use the link to shop and raise money for the fund.

For more information visit our website

<http://www.rowlandhillfund.org>

Helping Your Colleagues in Time of Need

The Rowland Hill Fund is your own "in house" charity and is there to help your colleagues when they need it most. Here are some examples of how we have helped .

Stairlift

A Post Office Manager has not been able to work for the last 18 months due to severe lung and breathing problems and has recently been diagnosed with cancer.

He is reliant on 'pure oxygen' 24 hours a day and he is restricted to the downstairs of his home. With the deterioration in his health he hoped that Social Services might help fund a stair lift for him, however due to the high demand on their funds, an application will take at least 12 months.

The cost of the stairlift was £795 and we were pleased to fund it.

Chloe's Dad

We helped Chloe's Dad by providing assistance with travel costs to the hospital to visit his daughter.

Chloe's Mum had given up work before Chloe went in to hospital and the long journey was putting a strain on finances. We were able to help with these costs and are pleased to hear Chloe's treatment was successful.

Funeral Costs

A serving postman's daughter died suddenly and left no financial means or life insurance with which to pay the funeral expenses.

Her parents took responsibility for the funeral but had no funds to pay the bill. He is the only one working in the family as his wife is disabled and in need of care.

We made a contribution of £1,400 towards the funeral expenses.

Riser Bed

A postman, who was medically retired at 55, came to us for help towards the cost of a riser bed for his wife who suffers with osteoarthritis and ankylosing spondylitis which means she has difficulty breathing.

She attends hospital once a month for overnight stays so she can be assessed regularly.

We contributed £659 towards the cost of the bed and will assist with travelling costs to and from the hospital when required.

A New Roof

A Parcelforce driver was ill health retired at the age of 46 due to problems with his back.

It took him 18 months to gain alternative work and he used his RMG lump sum as payment on household expenses.

His house has needed a new roof for some time and is now in urgent need of replacement. The roof has already collapsed once bringing down the ceiling in one of the bedrooms and there is a danger that this could happen again. The roof also leaks causing dampness in the up-stairs rooms.

We made a contribution of £1,000 towards the roof replacement.

Tweet us on Twitter!

Yes, the Rowland Hill Fund is on Twitter. Go on, give us a Tweet!



Application Form

I would like to **become a contributor / increase my contribution** to the Rowland Hill Fund, direct from my pay/pension.

On each **weekly** payday I would like to give

£1 £2 Other amount £_____

On each **monthly** payday I would like to give

£4 £8 Other amount £_____

I understand this will go through Payroll Giving and will be tax-free.

Please accept a one-off donation of: £_____

Surname _____

Initials _____ Mr/Mrs/Miss/Ms _____

Home Address _____

Postcode _____

Home Telephone No. _____

Pay Number _____

Pension Number _____

Authorisation to deduct

Please deduct £_____ on each of my paydays

This deduction supersedes any previously authorised payment to the Rowland Hill Fund.

Signed _____

Date _____

Please return this completed Freepost form to us, or simply pop it into an envelope and write on the full Freepost address (no postage to pay).

**Rowland Hill Fund, FREEPOST, Room 412, POB,
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Farringdon Road
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