# Russell's Report







#### About Russell

I've designed a few bits for the Tymes Trust to say thank you for all of the help they gave me when I was ill with ME. I'm now a lot better and the time I spent, whilst ill, doing creative things has really paid off as I'm now a graphic designer, my dream job, and missing all those years of school has not affected my career at all.



#### Hannah, children's author

Tymes Trust Young Author Hannah Titania toured a number of Waterstones branches, reading from her books and playing the harp. Her family supported her. Despite ME Hannah has become a successful children's author.

#### From our email inbox

'Your site has proven invaluable in helping us to explain our son's condition to his school, the LEA, family and friends thank you so much.'

### Name the happy hedgehogs! You can do it too

Our happy hedgehogs have finally become famous through Russell's Report. Your task, should you choose to accept it (parents can help) is to come up with suitable hedgehog names. These guys are so laid back, they never asked for names before. But they just did.

Mr Harley (Chair of Trustees and Chief Judge of Name the Happy Hedgehogs) will choose our winners. We have lots of runner up prizes too, so be creative and let's have all that stuff ME brains are famous for.

Send an email on the Contact Us form at www.tymestrust.org or post a letter. You can sketch our hedgehogs too if you like. We'll publish as many as we have room for.



#### Shannen comes through

Even Tymes Trust's Young Advocate Shannen Dabson has recently had to suffer the child protection nightmare that affects so many families whose children have ME. The investigation is thankfully now closed.

Photo above shows Shannen and mum Lisa with Jane at Ingatestone Hall on the presentation of the Queen's Award for Voluntary Service.

In a recent email Alert, Jane revealed that she had just got a First Class Honours Degree in Humanities with Creative Writing and Religious Studies. She said: 'The last five years have been hard work, running the Trust as well, but it was a good test of studying at distance when you still have limitations due to ME, so if anyone wants details, just email me.'

#### Congratulations Alex!

Alex Guest (16) studied with the Open University when his Local Education Authority could not make suitable provision: 'I knew the two courses I'd studied added together gave me a Certificate in Computing and Mathematics, as well as counting towards my final degree, but I had no idea they'd allow me to put letters after my name. It was a total surprise.' So now it's 'Alex Guest Cert Comp Math (Open)'. The Trust works with the Nisai Virtual Academy and is campaigning for more funding for post-16 students to study online.

## Sleepy puffin stickers hor Christmas!



'Aaaah,' we thought when we saw these sleepy puffins. Use them in your own cards or on the envelopes. We've got Ho Ho Ho stickers again too: http://bit.ly/tt-hoho

No set price - just make a donation online at www.tymestrust.org/donations.htm and email us to ask for the number you want. Or send a cheque with your order.