



2025



# Annual Impact Report

[www.gunnerskids.org](http://www.gunnerskids.org)



# WELCOME



When I look back on the last 12 months, I can't believe all that we've achieved and just how much support we've had. When we launched in October 2024, our intention was to do some fundraising that would enable us to start offering support boxes and activity days for families affected by the terminal illness of a loved one.

Following our first workshop in February 2025, we have already seen significant growth, moving into areas we hadn't planned to reach until our second or even third year.

With the support of St Austell Library, The Edward Hain Centre in St Ives, Launceston Health Hub, and our brilliant West Cornwall volunteer Leisa, we have expanded our services to offer monthly drop ins for those who need us, as well as opportunities for professionals to learn more about what we do. We also provide an outreach service where we can support families by phone, email, or in person.

We have strengthened our connections with professionals, enabling us to reach even more people, whether that's through direct referrals or by providing professionals with the tools and knowledge to better support the children they work with.

We've been able to assist families with the cost of transport to hospital and have also established a fund to support families who may struggle this Christmas, thanks to the Cornwall Community Foundation (CCF). We are forever grateful to CCF, who have played a huge part in our first year success. Through them, we gained the amazing support of the Seddel Collins Foundation, who gave us our first grant, covering a big part of our first year expenses.

We've included a page in this report listing everyone who has supported us in our first year, and we cannot express enough how grateful we are for their generosity, especially as this is only our first year.

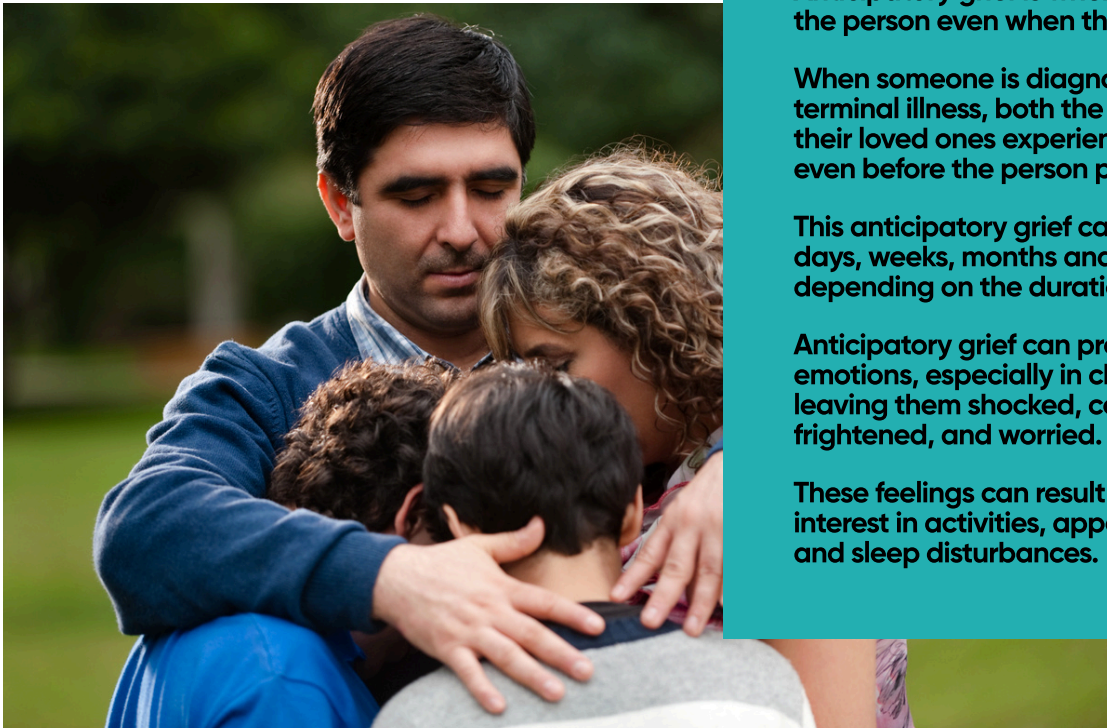
Looking ahead, we already have plans for further expansion, which will require a significant increase in funding, something we are currently working hard on.

Although we never want anyone to be in the position of needing our services, our rapid growth and the changes we've made in such a short time show there is a huge gap in support and that we are truly fulfilling a vital need.

All of this could not have been achieved without the support of our Directors, Natalie Beckett and Kerry Woodcock, who believed in the idea that my late husband Chris and I shared. We're really looking forward to what the future brings for the organisation and to working with more professionals and families.



# ANTICIPATORY GRIEF



**Anticipatory grief is when you grieve for the person even when they are still alive.**

**When someone is diagnosed with a terminal illness, both the individual and their loved ones experience grief and loss even before the person passes away.**

**This anticipatory grief can persist for days, weeks, months and even years, depending on the duration of the illness.**

**Anticipatory grief can provoke intense emotions, especially in children, often leaving them shocked, confused, frightened, and worried.**

**These feelings can result in a loss of interest in activities, appetite changes, and sleep disturbances.**

Grief is often described not as something that disappears or diminishes, but as something you grow around, like a ball inside a jar. The ball of grief stays the same size, but the jar grows larger over time. This gives the impression that grief has changed. In reality, it hasn't. You've simply learned to live with it.

Anticipatory grief can feel very similar. As you begin to adjust to a terminal diagnosis, it may seem like you're coming to terms with what lies ahead. There may even be moments when things feel stable or hopeful, as if the future might not be as bleak as expected. But then something changes. A new scan, a sudden infection, or a shift in symptoms can make the 'jar' that was holding your grief together feel like it has shattered. You're thrust back into the rawness of it all, as if you're starting from the beginning.



In the course of a terminal illness, that jar can break many times. Families are often thrown into a relentless emotional rollercoaster. The repeated cycles of hope and heartbreak can lead to intense feelings of guilt, anxiety, anger, loneliness, and exhaustion. These emotional tolls often come with physical symptoms too, including sleep disturbances, digestive problems, and even skin conditions.





# SUPPORT BOXES

Our support boxes are thoughtfully curated to provide families with tools to navigate this challenging time.

The boxes include items such as a "worry monster" to help children express and release their worries, a child-friendly book explaining death, "Forget-Me-Not" seeds to plant together as a lasting tribute, and other meaningful resources to offer comfort and support.

*E.R: "Morwenna's box arrived on Tuesday and she was delighted with it, thank you so much for all of the love and care that has gone into putting this together. We really appreciated the additional Valentine's crafts and the leaflets for me as well. Her two adult half-brothers are visiting this week and they were also really touched by the fact your charity exists to do this sort of lovely thing for people like us. Thank you! The Worry Monster is a particular hit as we already had a mini one, so now we have a 'travel' version and a 'stay at home' Mummy worry monster."*

**Contents:**  
 Worry Monster  
 Book  
 Scrapbook  
 Forget-me-not Seeds  
 Fidget Spinner  
 Stress Ball  
 Essential Oils  
 Pen, Pencil and Crayons

You can purchase and donate an item for one of our support boxes from our Amazon wish list, just scan the code or visit:  
<https://amzn.eu/9xnulgT>





# ACTIVITY DAYS & WORKSHOPS

The sessions are designed to help families create meaningful keepsakes together that will remain with them after their loved one has passed.

Activities include crafting memory boxes, jars, and books, providing a lasting tribute to cherished moments.

2025 Sessions included:

- Valentines Workshop at Newquay Children's Centre
- Jewellery Making Workshop at Tawnamoor, Bodmin
- Team Building and Forest School activities at The Roseland Centre
- Halloween Party at St Blazey Childrens Centre
- Christmas Party at St Erme Community Centre



**All of our activities are provided free of charge. On rare occasions, when spaces are very limited and costs are high, we may ask for a small contribution of £5 per family. This also helps to encourage attendance and ensure that available spaces are used by those who need them most.**

# INFORMATION SESSIONS

**These sessions are designed to support individuals and families with the difficult decisions and practical matters that come with a terminal illness, including Lasting Powers of Attorney (LPAs), Insurance, wills, and funerals.**

**They can be delivered in group settings or offered one-to-one, depending on individual needs.**

**Our team includes qualified professionals who provide this guidance free of charge.**

## **Planning for Peace of Mind: The Importance of Life Insurance**

When a parent or carer is diagnosed with a terminal illness, life can quickly become focused on medical appointments, managing symptoms, and finding emotional stability for the family. Understandably, financial planning can feel overwhelming or even impossible at such a time.

However, what many don't realise is that it's still possible to access life insurance even after receiving a terminal diagnosis. Some specialist providers understand the unique circumstances individuals and their families face, offering cover that can help ease financial stress and bring peace of mind.

Knowing that some financial security can still be put in place helps reduce the weight of uncertainty. It allows a parent or carer to focus on what truly matters, time with loved ones, shared memories, and creating a sense of stability for the children's future.

Having life insurance means that loved ones are protected from immediate financial pressures such as funeral costs, household bills, or future education expenses. More importantly, it offers reassurance that, even in the hardest circumstances, practical support will be there for the family.

By raising awareness of these options and helping families explore what's available, Gunners Kids CIC aims to give parents and carers one less thing to worry about – and the comfort of knowing their children will be cared for, whatever happens.



**KERRY  
WOODCOCK**

Director



# HORIZON





## The Importance of Lasting Powers of Attorney and Wills

When we think about planning for the future, many of us focus on the practicalities, our jobs, our homes, and our families. But what often gets overlooked are the legal safeguards that can make all the difference when life takes an unexpected turn. Two of the most important protections anyone can have in place are a Lasting Power of Attorney (LPA) and a Will.

A Will ensures that your wishes are respected after your death, giving you control over how your estate is distributed and helping to ease the burden on your loved ones at an already difficult time. A Lasting Power of Attorney, on the other hand, ensures your voice is still heard while you are alive, even if you can no longer speak for yourself.

An LPA allows you to appoint someone you trust to make decisions on your behalf if you become unable to do so, whether that's due to illness, injury, or loss of mental capacity. There are two types of LPA: one for Health and Welfare and another for Property and Financial Affairs. Both are vital tools that ensure your wishes are respected and that those closest to you can act in your best interests without unnecessary legal barriers.

I learned the importance of this personally. When my husband became unconscious in A&E, the medical team were refusing treatment because he was terminally ill and unable to give consent himself. They didn't know what he would have wanted, and without the legal authority to speak for him, I could have been powerless.



Thankfully, I had Power of Attorney, and I was able to clearly relay his wishes, that he wanted all possible treatment to give him more time with his family. Because of that, he received the care he needed and went on to have almost another year with us, time we will always cherish.

That experience showed me just how crucial these documents are. They aren't just legal formalities, they are acts of love and protection. They give you peace of mind that your wishes will be respected, and they give your loved ones the clarity and authority they may one day desperately need.

No one likes to imagine these situations, but having a Will and a Lasting Power of Attorney in place means that, whatever happens, your voice will always be heard and your family will be supported to make the right decisions for you.

**TAMSIN CHAPMAN-  
GUNNER**

Co-Founder/Director

# OUTREACH AND DROP INS



**LEISA FARRAR**

West Cornwall Lead  
Volunteer

After launching and running our first activity days, it quickly became clear that some families needed additional support between activity days and workshops. In response, we set up our outreach programme, allowing us to offer one-to-one support to families.

We also introduced drop-in sessions to give both families and professionals the opportunity to pop in for an informal chat and a coffee. These sessions not only provide support but also give us a base and a visible presence within the community.

Our first drop-in opened in St Austell in June, followed shortly by Launceston and St Ives in July. We were incredibly fortunate to recruit Leisa as a volunteer, she established the St Ives group and now covers West Cornwall.

Looking ahead, we have volunteers currently in training who will help us expand into other parts of the county in 2026.



## MONTHLY DROP-INS

**Edward Hain Centre, St Ives**  
Third Tuesday of every month 2pm to 4pm

**St Austell Library**  
Third Friday of every month 10am to 12pm

**Launceston Health Hub**  
Second Wednesday of every month  
10am to 12pm

Refreshments provided

An illustration of a yellow cup of coffee with steam rising from it, sitting on a stack of three books. The books are green, yellow, and red. A small green plant is next to the books.

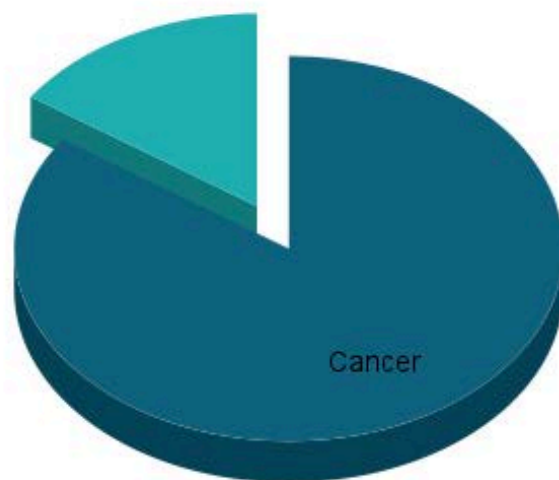


# OUR REACH

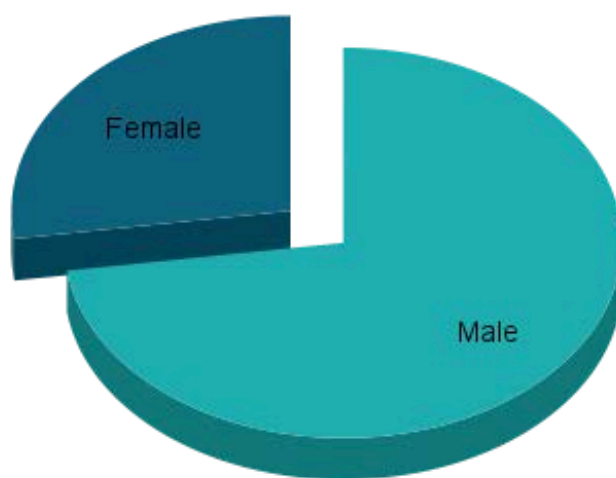
Working predominantly across Cornwall and Plymouth, we provide vital support to families with children when a parent or carer is facing a terminal illness. We define terminal illness as any incurable condition: including motor neurone disease (MND), heart disease, organ failure, lung disease, certain neurological conditions, some cancers, and other life-limiting conditions.

In our first year, we have seen that 85% of the families who come to us are affected by cancer-related terminal illness. Of the remaining families, the majority are living with neurological conditions. Over 70% of the parents who are terminally ill are male.

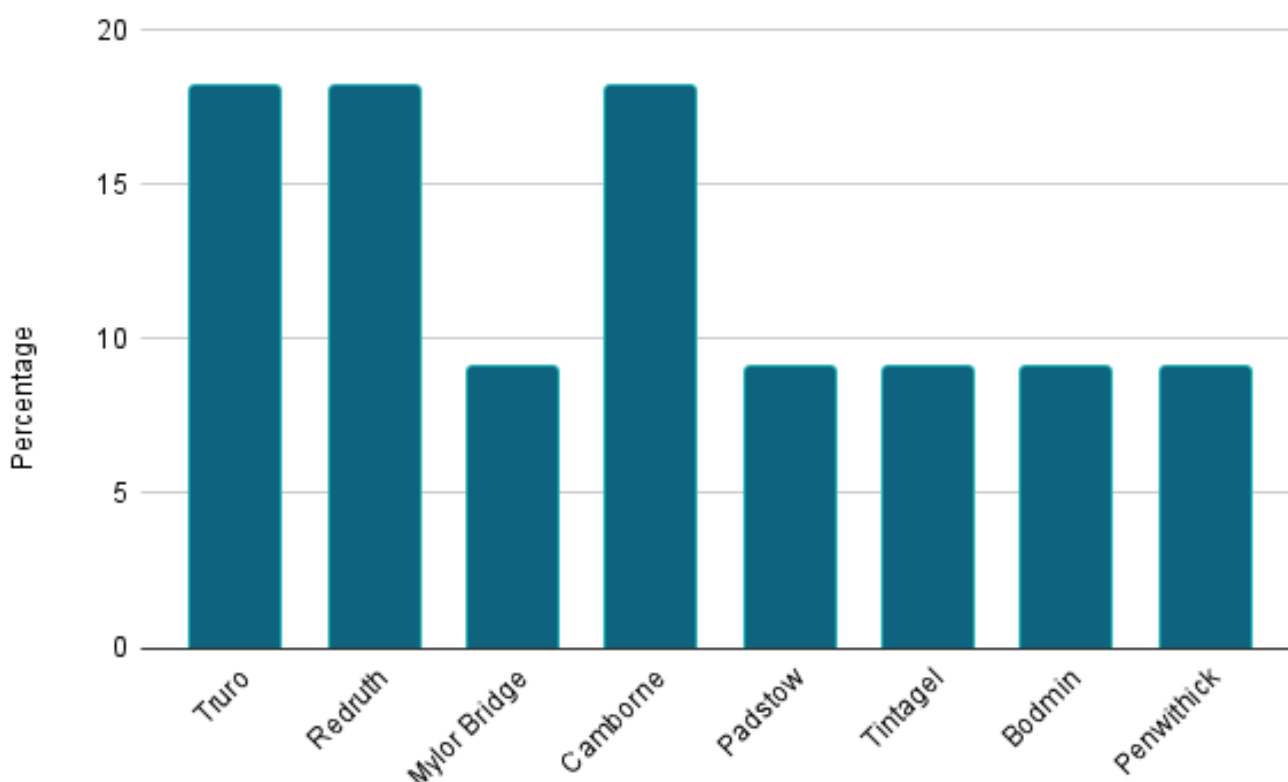
Our reach extends across the county, with particularly high engagement in Camborne, Truro, and Redruth. These figures represent the families we have been able to reach so far, but we know there are many more families across Cornwall and Plymouth in need of our support.



● Cancer ● Neurological



● Male ● Female



# OUR SUPPORTERS

We have been incredibly fortunate in our first year to receive support from so many generous individuals, organisations, and businesses.

Our journey began with a grant from Sedell Collings, which was soon followed by funding from the South West Water Neighbourhood Fund, The Albert Van Den Bergh Charitable Trust, and The RS Brownless Charitable Trust. An additional grant from the Cornwall Community Foundation (CCF) enabled us to establish a crisis fund, providing essential financial assistance to families in urgent need.

We are also deeply grateful for the donations received from St Austell Bay Rotary, Tewington Lodge, Penhallaz Lodge, Truro Old Boys, and the Woburn Residents Association.

Local businesses have shown remarkable generosity and commitment to our cause. Support has come from Aspect Holidays, Pendennis Shipyard Ltd, Roddas, Happy Home Cornwall, and the Building Forum for Devon and Cornwall. The Brew and Bloom Business Brunch in St Austell has made multiple contributions through their monthly raffle, while Matthieu from Retina Digital kindly designed and continues to maintain our website. Boosters sponsored our first print run of leaflets, and Your Partnerships has invited us to numerous events that have helped us raise funds and build valuable connections. We are also grateful to Debbie and the team at GW & Co Accountants for their ongoing support and financial guidance.

We would also like to thank St Austell Library, the Edward Hain Centre in St Ives, and Launceston Health Hub for generously allowing us to use their spaces for our drop-in sessions. Our thanks also go to Tawnamoor for providing a free venue for our jewellery workshop, to the Family Hubs for welcoming us into their spaces, and to The Roseland Centre for hosting a fantastic activity day for our families.

Finally, we would like to extend special thanks to Shannon Lenton of the Cornwall Community Foundation, whose expertise and guidance helped us identify eligible funding opportunities and connect with partner agencies, strengthening our ability to support families affected by terminal illness.

As we look ahead to 2026, our goal is to raise significantly more funds to continue supporting families and to expand our services across Cornwall and Plymouth. We hope that those who have already partnered with us will continue their invaluable support, and that we can also build new partnerships to help sustain and grow our work in the years ahead.

We would also like to extend our heartfelt thanks to everyone who has supported us throughout our first year. We have tried to name all those who have contributed, but we sincerely apologise if anyone has been missed. Every act of kindness, whether through funding, volunteering, advocacy, or encouragement, has made a meaningful difference. Your support is deeply valued and appreciated, and we could not do this work without you.



aspects holidays



Cornwall  
Community  
Foundation



# HOW YOU CAN SUPPORT US

Whether you give your time, make a donation, or offer practical support, your generosity helps children and parents spend meaningful moments together and create lasting memories.

We're always looking for volunteers and venues, as well as donations, to help us continue this vital work.

To donate, simply scan the QR code to visit our GivenGain page, purchase an item from our Amazon wish list, or contact us directly for our bank details.

## What your donation could pay for:

- £10 could pay for a memory book in one of our support boxes.
- £50 could pay for a support box for a child
- £60 could pay for an activity day for one family
- £70 could pay for a family to attend a well-being day
- £300 could pay for a memory building workshop for up to 20 children
- £600 could pay for an activity day for 10 families

No matter how you choose to support us, you will be making a real difference to families affected by the terminal illness of a parent.

**For a copy of our Corporate Partnerships Brochure or Fundraising Ideas visit our website [www.gunnerskids.org](http://www.gunnerskids.org) or email [tamsin@gunnerskids.org](mailto:tamsin@gunnerskids.org)**

**Visit GivenGain to Donate**



**Buy from our Amazon Wish List**



**Register to Volunteer**



## Gifts in Wills:

By leaving a gift in your will, you create a lasting legacy that supports families affected by terminal illness. To include a gift, simply contact your solicitor or will writer. If you or your family are affected by terminal illness, you can also join one of our information days for guidance on will writing.

# THANK YOU!



In memory of  
Chris Gunner  
1981 to 2024



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