



GRANT APPLICATION: INTRODUCTION

The Yellow Heart Trust (YHT) was founded in 2002, originally to help women suffering from issues related to addiction and trauma. In 2007 the Founder, Alex Fontaine, was awarded an MBE for Outstanding Service to Disadvantaged Women.

In 2012, Alex asked Philip Robinson to take over as Director and he remembers her words exactly - "A charity evolves and the worst thing that keeps it back is the founder."

The Trust became a grant-making body with two funds: *The Antonio Vasconcellos Fund*, related to Post-Traumatic Stress Disorder (PTSD) and *Rob's Wish*, for addiction issues. With the general strategic vision: "*Our objective is the relief of distress relating to complex trauma and/or addiction.*"

In 2019, on the poignant 30th anniversary of the Marchioness riverboat disaster on the Thames, the *AV Fund* closed. The lives of 51 people had benefited greatly from their AV grants, each of which was in memory of one of the souls who died that night.

The charity continues to make grants under the general YHT banner for PTSD issues, and *Rob's Wish* for addiction.

Our Strategic Partners

Since 2014 our Trustees have fostered partnerships with selected psycho-therapeutic practices in the London area. We believe that this streamlines the application process and ensures the applicant is safeguarded by qualified experts, whose work we know and trust.

Am I eligible?

- Are you able to make some sort of financial contribution to your treatment?
- Is your application supported by a qualified practitioner, i.e. your GP?

Rob's Wish Fund

The life experience of Rob Sparks, who was adopted at the age of 2, caused him to move to Bournemouth in his late 30's. Bournemouth was known for its addiction rehabilitation and Rob progressed to an excellent position with a pharmaceutical firm and embarked upon college studies to become a counsellor. In the 3rd year of his studies, his demons caught up with him: he lost his battle with alcohol. When he died in January 2012 his dearest wish had been to help others: "I want to help *people* not profit margins; to feel good about my life and help others feel good about theirs."

Types of treatment include psychotherapy, cognitive behaviour therapy (CBT), eye movement desensitization and reprocessing therapy (EMDR) and trauma counselling.

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