



# Quinn's Retreat Impact Report

## 2025

Charity number  
1187899



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From the moment we walked through the door, we felt as though we were wrapped in a hug. It was quiet, calm, peaceful and it allowed us to remember our son and brother whilst connecting with nature.

”



# Our story

**Quinn's Retreat was founded out of unimaginable loss and a powerful desire to help others.**

After losing our beautiful 17 year old daughter Quinn to suicide in December 2018 we created a small memorial garden in her memory. During a deeply emotional family trip shortly after her funeral, we realised how healing it was to be together and away from the weight of daily life. It was there that the idea for Quinn's Retreat was born – to offer families bereaved by suicide a peaceful space to spend time, reflect, and begin to heal.

Tragically, just ten months later, we lost



our beloved 21 year old son Dylon, to suicide. He had been Quinn's closest friend, and the burden of grief was too much for him to carry. His loss reaffirmed our mission.

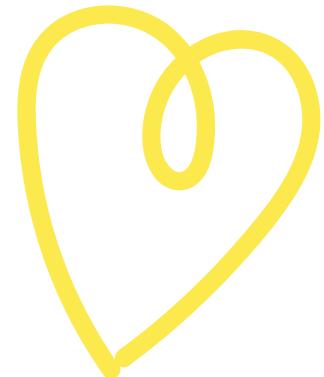
In January 2020 Quinn's Retreat became a registered charity. By February we had purchased our first retreat space – a holiday caravan in Barnard Castle. In 2021 we added our second space near Appleby, lovingly named Dyl's Den.

Through these retreats we aim to provide solace, connection and compassion to families facing life after suicide loss.

**Tracey and Dave**

Dylon and Quinn's Proud Parents





# Our Vision and Mission

Our vision is safe havens for people bereaved to suicide.

Our mission at Quinn's Retreat is to support those bereaved by suicide, providing a safe space for a break away; an escape from the everyday, and a chance to reflect and remember. Created by people with lived experience, in memory of Dylon and Quinn.



Quinn's Retreat caravan, Barnard Castle

“

It gives myself and others a chance to have a gap from our lives, to heal, in beautiful areas, a safe space to help you grieve.

”

# Our Journey So Far...

**2019**  
Initial  
fundraising

**January  
2020** Charity  
established

**February 2020** Quinn's Retreat  
purchased. First guests arrived  
**March 2020**

**March 2020** Covid  
lockdown forced us to  
close until **August 2020**

**November  
2021** Dyl's Den  
purchased. First  
guests arrived  
**February 2022**

**2023** North East  
Speak Their Name  
Quilt created

**Dec 2023 to Dec 2024**  
New bathroom, dining  
area and recladding for  
Quinn's Caravan

**2024 onwards**  
North East Speak Their  
Name Quilt tours the  
region & exhibited in The  
Houses of Parliament

**2025 onwards, our next**  
steps are exploring a  
3rd property to meet  
growing demand



# Why we are needed

The North East continues to record the highest suicide rate in the UK. The impact of suicide loss is far-reaching and often long-term:

- **Emotional and psychological effects:** Bereaved individuals commonly experience complex grief, trauma and PTSD. The risk of suicide among those affected is significantly increased.
- **Financial burden:** Families face sudden funeral expenses, legal and inquest-related costs, loss of income, and heightened risk of job loss or long-term financial insecurity.
- **Impact on children:** Children may suffer emotional trauma, develop mental health conditions, and face instability at home, affecting future outcomes.
- **Social consequences:** Suicide can fracture families and friendships, leading to isolation and weakened community ties. The stigma surrounding suicide may further marginalise those affected.
- **Physical health implications:** Grief and stress can worsen existing health conditions or lead to new issues such as insomnia, cardiovascular problems, or a weakened immune system.

Quinn's Retreat is a unique service, the only one we are aware of in the country



Dyl's Den, Appleby

Sources: Samaritans & LSE UK Economic Cost Report, 2022  
& From Grief to Hope. Suicide Bereavement UK, 2020

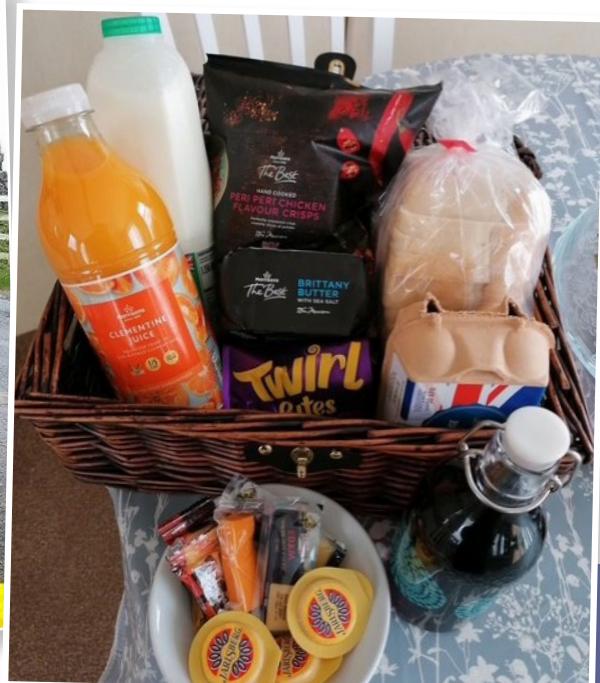
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# What Quinn's Retreat provides

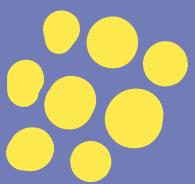
- **A unique personalised community-driven compassionate intervention** where visitors feel valued, respected, included and accepted. Developed by a team with lived experience.
- **A week long respite away** from daily challenges in a supportive and nurturing environment, providing anonymity and privacy.
- **Access to beautiful, tranquil, green spaces & recreational areas** with the opportunity to engage in positive activities to improve physical health and mental wellbeing.
- **An opportunity to deepen social and family connections**, to build stronger relationships, improve social functioning and regain confidence.
- **The time and space to enhance emotional wellbeing**, decrease mental ill-health symptoms and create greater capacity to experience positive emotions.
- **Long-term benefits** may include stronger resilience, improved coping skills, and a deeper sense of hope, purpose, and direction



“

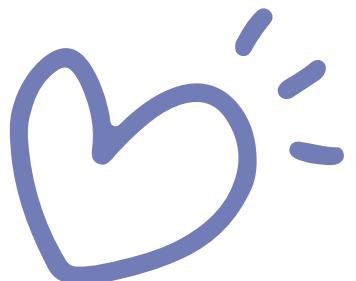
We are so grateful for this gift of time away. After losing our 13 year old it was so nice to come away with our other children, where no one knows us, or our history. To just spend time together and rest.

”





# Who we've helped



We have hosted over 800 families

100% of our guests endorse us\*

567 dogs have holidayed



Our visitors span from the South of France to Kirkwall in Orkney



“

Our dog is a huge part of our family and it was so good to be able to bring her with us.

”

“ My absolute heartfelt appreciation for the amazing opportunity to spend time together with my family in this beautiful safe space.

”

“



**This caravan gives you the time to rest/refocus and re-evaluate things. This is what I needed to be able to support my young family physically and mentally.**



”



# Who we'd like to help

Our holiday homes are hugely popular in the school holidays. We strive to fairly allocate but can't accommodate all who need our support.

Families may not have the funds to travel to our locations, especially without their own transport.

Larger or extended families are a challenge to host, even in Dyl's Den, our bigger caravan.

Those in immediate need may have to wait some months for an available date.

We cannot guarantee returners a break, given the increasing demand.

# Our connections

We collaborate with a broad network of charities, campaigners, MPs, local authorities and care providers to raise awareness of our service and to extend our reach to those in need.



In 2024, we proudly hosted and celebrated the 3 Dads Walking tour in our region, supporting their mission and raising community awareness



“



I wanted to congratulate you on organising such a powerful, emotive event that was filled with love. I thought it was brilliant!

The tone struck throughout was absolutely spot on - thoughtful, caring, loving with a steely determination that things can change.

Andy Airey, 3 Dads Walking

”

“

**Quinn’s Retreat have an excellent reputation for providing warm & intimate spaces, for moments of connection in bright spaces, which the suicide bereaved hugely need. Amazing work.**

⋮

”

Amelia Wrighton, CEO Suicide & Co.

“

**Quinn’s Retreat is a shining example of compassion in action. We are proud to work alongside this wonderful organisation.**

Josie Jakub, CEO Survivors of Bereavement By Suicide

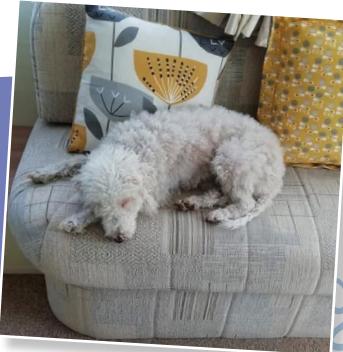
”

# Our running costs



A week in one of our caravans  
£280

A doggie hamper  
£5



A refresh of our cuddly cushions & throws  
£60

A sweet treat hamper for a child  
£10



A child's emotional support package  
£20

A 'feel good' food hamper  
£30



“  
The children's grief books were so helpful to read with my grandson, after losing his precious uncle. ”

A self care goodie pack at an event  
£4

“  
The welcome hamper was amazing, with home made cakes, jam and scones. ”



# Our ++ fundraising



Together we have fundraised a grand total of £422,443

- Our fundraising is **grounded in the community**. We're a welcoming presence at many local events
- We are well known for our legendary cakes (thanks Tracey!), our fabulous

raffles, our inspiring events & wonderful care packages for attendees. We love to show we really care

- We are hugely grateful for the many fundraisers supporting our journey, from supplying prizes, hosting donation buckets, staging Strictly dance contests to throwing amazing charity balls!



**600 Stanhope 10 Milers!**

**80 Great North Runners!**



**We have warmly welcomed 15,000 people to North Shields music festival Coast Fest as the charity partner**



# Further guest feedback



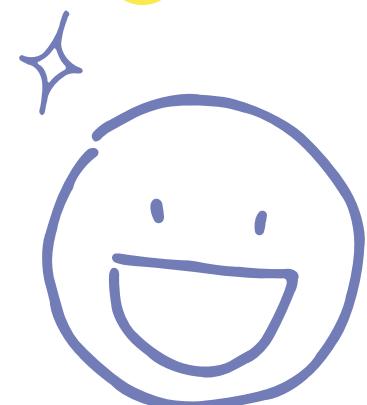
“ I can get overwhelmed at home, just with daily life etc, so having the opportunity to just go away, do different things, go swimming at Dylon’s Den! My mind lifts and I’ve always gone home happier, balanced again, more confident in myself too. ”



“ There were so many little touches everywhere that just made us feel welcome and at home. ”

“ I have anxiety, depression and Post Traumatic Stress Disorder and it helps so much to get away and relax. Reset. ”

“ Our young daughter misses her brother so much. She learned to ride her bike on this break, made friends and was smiling again. You guys are truly amazing. ”



“

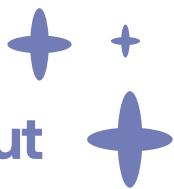


**Thank you so much for  
taking our blinkers off,  
we now need to focus on  
looking forward.  
Coming here has helped  
us see that.**



”

“



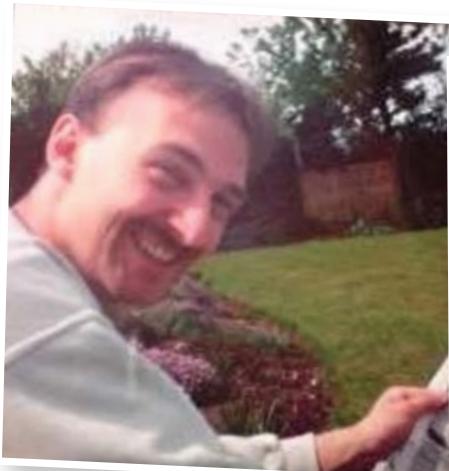
**My brother took his life 30 years ago but it still affects me today. I have 2 children who struggle with mental health too. Here they feel like family, everyone on site is so welcoming and say hello.**

**My favourite place is on the balcony, taking in all the sights and sounds, with time to stop and think.**

**It is such a warm, welcoming place that just gives you time to heal. We will never be fully healed but it makes it more manageable.**

Zoe

”



Neil, lost to suicide



Glen, lost to suicide 1st Feb 2018, aged 28



“

**We have stayed twice at Quinn's Retreat, with our two little dogs and our grandchildren. There were fishing nets and other games for them to use. Bikes were organised for us too.**

**We are so grateful for the use of the caravan. It is such a friendly site.**

**We stayed in July 2025 as we have Glen's birthday.**

Susan

”

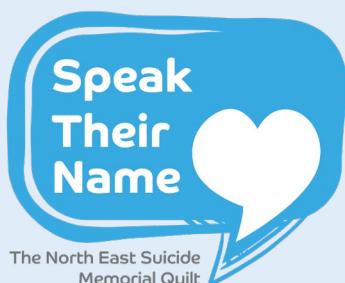
Our partnership:

# The North East Speak Their Name Suicide Memorial Quilt



Tracey Beadle and Suzanne Howes of Quinn's Retreat led the project to create a lasting memorial, raising awareness as both a suicide prevention and postvention initiative.

200 people bereaved by suicide attended our community workshops across Tyne & Wear, County Durham, Darlington & Teesside.





An amazing artwork of 120 quilt squares across 3 panels were created, representing 77 people lost to suicide.

Our special launch event was held in Newcastle City library in November 2023.

Our video accompanying the quilt won a charity award.



# The North East Speak Their Name Suicide Memorial Quilt

## Creating a legacy



The North East Suicide  
Memorial Quilt

**Our quilt has toured 20 plus public venues across Tyne & Wear, County Durham & Darlington, with Teesside to follow into late 2026.**

**We have hosted many events, inviting the suicide bereaved & local community leaders & dignitaries.**

**300 people attended our suicide awareness & remembrance event at Newcastle Cathedral in March 2024.**

**We have contributed to conferences and strategy events across the region and wider.**





**700 books  
telling the story  
behind each  
square were  
distributed  
across our  
community.**

**The North East  
Speak Their Name  
Suicide Memorial Quilt**



**The North East  
Speak Their Name  
Suicide Memorial Quilt**

**Every MP,  
library, GP  
& crisis team has a copy.  
Newcastle Hospitals Charity  
enabled 500 books to be  
printed. CNTW\* covered  
postage costs.**

\* North East & North Cumbria Integrated Care Board.  
\* Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust

**The quilt was displayed at  
The Houses of Parliament in  
October 2025**

**An evaluation by NENC ICB\*  
& Newcastle University  
found:**

**Those who made squares  
experienced healing, hope  
and reduced isolation  
through community  
connection and peer  
support.**

**Those viewing the quilt  
were profoundly moved,  
provoking thought,  
conversations and a desire  
to focus on both their  
own and others mental  
wellbeing**

**These findings were  
presented at The National  
Suicide Bereavement  
Conference.**



# The North East Speak Their Name Feedback

“ It was a privilege to be part of this project, to produce squares in memory of our son and brother ”

“ It’s coming up to ‘X’ birthday. I wanted to come today to spend time with the quilt and him ”

“ Such a beautiful tribute to our loved ones. I hope it helps people talk about how they’re feeling so fewer are lost in the future. Thank you ”

“ The quilt supported both staff and students in raising awareness, but also giving the opportunity of highlighting support that is available for people (Gateshead College) ”

“ Just popped in to see the quilt again before it moves. Thank you so much, it’s such a beautiful thing. Bringing lots of comfort to us at Christmas ”

“ It serves as a powerful tribute to those who have tragically lost their lives. Painfully beautiful idea and reminder to us to raise awareness about how important mental health is ”

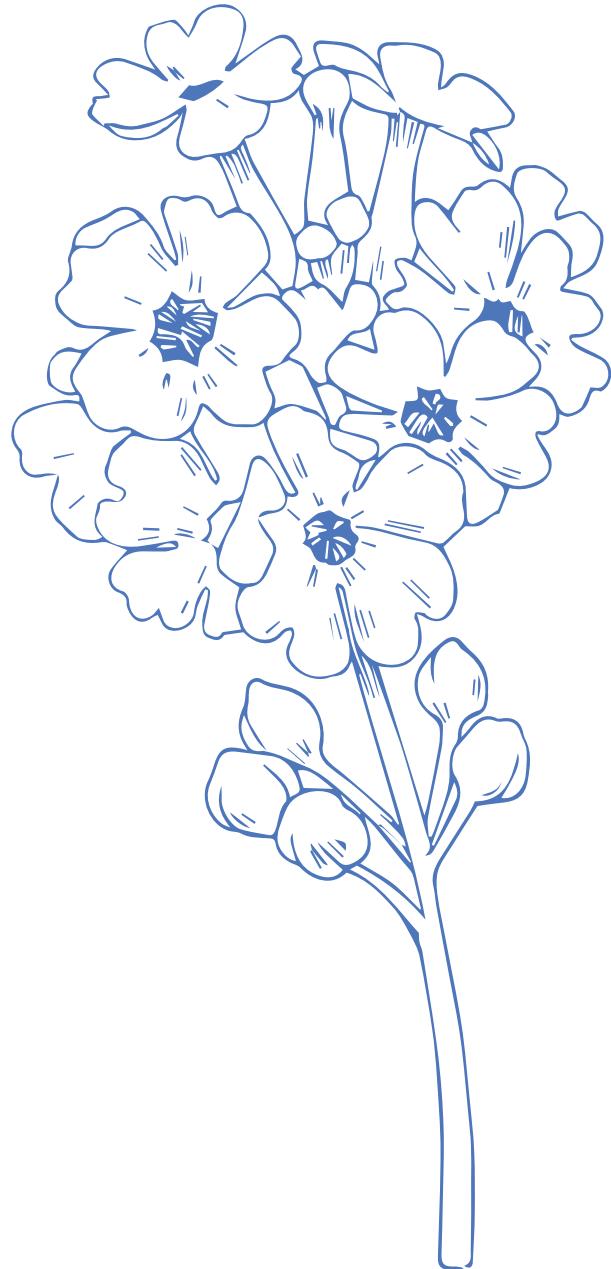
“ Very touched, moved to tears. It is certainly shining a light on an important topic and brought some peace to my day ”

“ It’s been 5 years since I lost my son and tonight is the first time I’ve talked about his loss. Thank you (Newcastle Cathedral event) ”

# Next steps for Quinn's Retreat

- The demand for our respite breaks is increasing. We are at capacity and, to ensure fairness, we are limiting caravan bookings to one holiday every two years per family.
- School holidays are a struggle to accommodate with so many young families needing our support.
- We are exploring ways to expand our accommodation longer term. Ideally, we want to invest in bricks-and-mortar accommodation so we can offer more families the break they need and deserve year-round.
- We'd love a place by the coast, to complement our other locations. Think Airbnb style quality with accessible public transport.
- With the right investment, we can grow our impact and provide year-round access to safe, welcoming spaces.

We're ready to grow —  
we just need the backing  
to make it happen.



# Ways to get involved or join our journey!

## Become a Quinn's Retreat Friend



### Fundraise for Us



From bake sales to sponsored runs, every pound raised helps us offer more families the break they deserve. We can provide all the support you need.

### Give Monthly

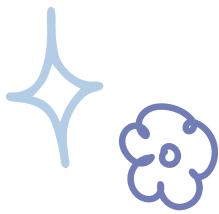
Regular donations help us plan ahead and provide consistent, reliable support. Every penny truly makes a difference. Your £5 donation could sponsor the doggie treat hamper. A £10 donation provides a sweet treat hamper for a visiting child

### Raise awareness

Promote us through your networks – does your workplace support fund matching or can you nominate Quinn's Retreat as your organisation's charity of the year?

Would your sports team, community group or local pub like to help our cause? We love to see communities enjoying themselves whilst fundraising.





## Become a Quinn's Retreat Corporate Friend

### Partner with us

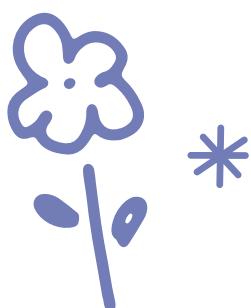
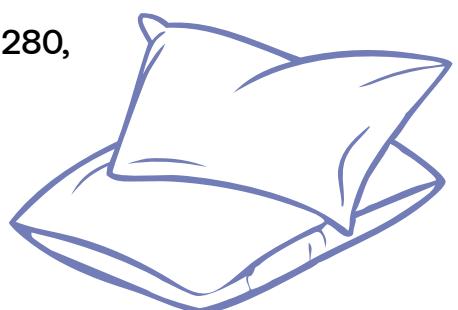
Does your organisation support corporate partnerships, provide fund matching or host charities of the year? We'd love to work alongside you and proudly feature your support across our channels, to show the difference you are making.

### Enable your employees

Encourage your staff to become involved through volunteering days, in-kind services or payroll giving.

### Sponsorship

Would you like to sponsor a family to stay for a week for £280, provide a feel good food hamper for £30 or enable us to refresh our cuddly throws and cushions for £60.



Get in touch with us to set up a no obligation conversation, email us on [tracey@quinnssretreat.org.uk](mailto:tracey@quinnssretreat.org.uk)

# Thank yous



Quinn's Retreat is hugely grateful to the many wonderful organisations that have supported us on our journey, from businesses, to corporate partnerships, statutory services, other charities and wonderful collaborative events . We thank....

Angelic Glitz	Hitachi Rail	Runa Farm
Anxious Minds	House of Smudge	Ryton Masonic Lodge
Armitage and Wilson Furniture	Infant Hercules Choir	SAFFE support group
Arnold Clarke	Karbon Homes	Save our Stute Shildon Railway Institute
Asda – Bishop Auckland and Darlington	Library services of North Tyneside, South Tyneside, Gateshead, Newcastle, Sunderland & Darlington	Shildon Civic Hall
Barbour Foundation	Lime Tree Sessions	Shildon Football Club
Barnard Castle Rotary Club	Locomotion	Shildon Live
Believe Housing	Lush Cosmetics	Shildon Railway Institute
Beyond Charity	Maggie Mays Bakes	Shildon Running & Athletic Club
Bishop Trains	Mendes Management Ltd	Shildon Stores
Bits and Bites Treats	Mind Darlington and Sunderland	Shildon Town Council
Blackwell Grange	Morrisons	Tesco – Newton Aycliffe and Bishop Auckland
Buyagift	Natwest Bank Newcastle branch	The Apartment Group
Caps Off Brewery	NC Group	The Bishop Line
Carnival Fun Fairs	Newcastle Cathedral	The Georgie Club & members
Cello Electronics Limited	Newcastle Council public health team	The Hub, Barnard Castle
Disclosure & Barring Service	Newcastle Hospitals Charity	The London Eye
Dry Robe	North East and North Cumbria Integrated Care Board and senior leadership team	The National Lottery
Durham County Council, library services and public health team	Our Little Indie Night	The Original Factory Shop, Shildon
Durham Miners Association	Popsy Clothing	The Quiet Site
Frog & Ferret Pub	Queen Elizabeth School 6th Form, Darlington	Tinney Waters Holiday Park and Cottages
Gateshead Council Adult Social Care staff tuck shop	River View Leisure Park	(Sally Seaman)
George Samuel Brewery & Canteen	Ruby Roo Chocolate Fudge	Veil & Gun
Great Aycliffe Town Council		Voda Spray
Greggs		Wear Foundation Trust
Hays Travel		Wild Rose Holiday Park

# Thank yous

There are so many individuals who have been instrumental in creating our charity and making it a success. We thank.....

Aidan and Anna Parsons	CoastFest	Nik Knight
Alan Meadows of Shildon Live	Kelly Sloan	Paul Heaton
Andrew Kelsey	Kenneth Blake	Paul Tucker
Andy Johnson	Kelsie	Pat and Mick Sharp
Anita Atkinson	Kieran Hughes of Stanhope 10 miler	Peter and Sandra Nevitt
Belle and Sebastian	Lola McEvoy MP	Rachel Parsons
Bernadette Cooper	Liz Twist MP	Ruth Bunsey
Claire Batt	Louise Underwood	The Taylor family – kilt walk
Claire Liddy	Mark Morriss of the Bluetones	Skunk Anansie
Donna Caygill	Matt Abbott	Samantha Townsend
Eric Craggs	Mayor of Barnard Castle – Rima Chatterjee	Susan and David Moore and Emily's Gift
Farran Hope	Mayor of Great Aycliffe – John Clark	Suzanne Hamilton
Gloria Braid	Martin Arkley	The Coral
Hannah Lane	Nicola Ross	Stuart Joyce
John Meadows		3 Dads Walking

To all of our wonderful board of trustees  
past and present, to all of our regular  
donors, supporters and fundraisers  
– you are the best!

Thank  
you  
:-)



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[justgiving.com/charity/quinnsretreat](https://www.justgiving.com/charity/quinnsretreat)