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Wanstead charity raises £3,000 during Ilford Zumbathon

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Supporters of Eden's Trust at their zumbathon on Saturday.

Fitness fanatics and dance lovers put their skills to good use during a charity zumbathon at the weekend.



Supporters of Eden's Trust at their zumbathon on Saturday.

On Saturday, dozens of young men and women joined the Eden Trust at the Jack Carter Centre, The Drive, Ilford, for two and a half hours of non-stop zumba, to raise money for its grief counselling services.

Shelley Reynolds, who works at the trust and was at the event, said: "It was a fantastic event and all in all we raised almost £3,000, and now all that money will go towards providing counsellors in sessions across the region for free.

"They were at it for two and a half hours altogether. I have no idea how they managed it.

"Elli, the chief executive, was up practising the night before to make sure she got everything right."

Eden's Trust was founded by Elli following the sudden and tragic death of her daughter Eden at the age of six.

Elli acknowledged there was a lack of services for people who "really knew" what she could be feeling while she grieved for her daughter.

The charity is looking to take the successful model they have perfected in east London and set up a similar service in the south.

Shelley said: “The feedback we often receive from families is that they encountered issues following their bereavement of not being within a ‘particular postcode’ to be able to access services – delaying their healing process.”

Eden’s Trust offers a guided support therapy programme of workshops, twice a month drop-in groups, monthly drop-in support groups for bereaved siblings, and one-to-one, family and couples counselling.

All groups and counselling sessions offered by the charity are funded by donations and are free to attend. They are currently held in Wanstead.

For more information, visit edenstrust.org.uk.