

December 2018

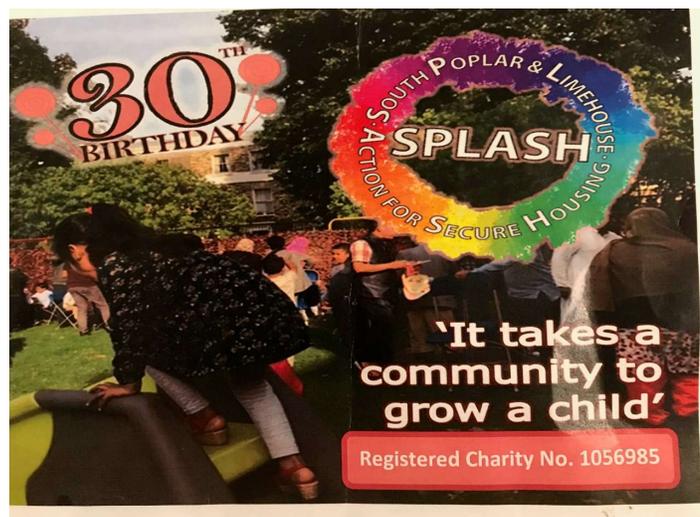
The Frank Haines Memorial Trust has had a very successful 2018, with our charities thriving, and support from our volunteers and contributors still as generous as ever. The year included another fabulous bike ride and party in Norfolk, organised by Richard Haines, which was blessed with beautiful weather and raised a superb £5,250. Next year's ride is scheduled for **11 May**, a week earlier than in 2018 and we really hope to see as many riders – of all generations – there in 2019.



We continue to support our five brilliant charities. The activities funded change depending on where they identify most need. Here is an update on each:

Switchback: This charity seeks to help young adults on leaving prison, to 'stabilise' their lives so as to avoid re-offending. This involves mentoring, and seeking to provide them with work experience in cafes and catering. Nationally, 49% of offenders re-offend within a year; for Switchback trainees, this figure is currently 8%.

SPLASH: South Poplar & Limehouse Action for Secure Housing provides activities for young people in East London, helping to keep them off the street and away from harmful activities. This summer, for example, SPLASH organised 22 coaches of local families to the seaside. SPLASH celebrated its 30th anniversary in April, and Elizabeth Haines was present to celebrate!



Make It!: this project operates from Toynbee Hall, and was previously called 'Aspire'. It targets 12-13 year old children who grow up lacking supportive emotional and social environments, and are vulnerable to falling into gangs or extremist groups. Make it! introduces them to more fulfilling practical activities for the first time, such as cooking, climbing, feeding animals and raft-building. Children are mentored and supported to build their confidence, which is so crucial for steering them away from the paths that they are otherwise on.

Newark Youth: Newark Youth runs a variety of youth clubs, football sessions and mentoring schemes. The FHMT's money supports one football coaching session specifically, providing young people with proper coaching and equipment. Two FHMT trustees, Kerrin Isaacs and Elizabeth Haines, attended a huge awards ceremony in April, and Elizabeth even invited on stage to present an award!



Kayd at Oxford House: FHMT has supported another Somali Week at Oxford House in October 2018. This was the tenth anniversary of this festival, and for that reason the topic this year was Decade: Looking Forward, Looking Back.

All charities are doing terrific work, with amazing energy and vision. We're delighted to be able to carry on supporting all five. But all of this is ultimately thanks to our friends and supporters, who raise and give money so generously.

Please continue to think of us, when considering who to raise money for with marathons, triathlons, bake sales and anything else! We have high hopes for Trustee Rob Haines's triathlon next summer, who will be raising money for us. And we hope to get another great turn-out for the bike ride in May. Until then, merry Christmas and happy New Year!

Yours sincerely,

Elizabeth Haines, Richard Haines, Rosie Wesemann, Nick Carlton, Will Davies, Rebecca Dawson, Rob Haines, Kerrin Isaacs and Marie McCartney

The Trustees