

## December 2017

The Frank Haines Memorial Trust (FHMT) has had another successful year, and all the signs are that the charities we support are thriving. As you know, these all exist to provide help and opportunities for young people in East London, many of whom would otherwise lack access to basic spaces, support and forms of extra-curricular personal development. These charities do crucial work in building the confidence of children and young adults who face various difficulties, of a sort that school and family may not be able to help with.



**Switchback** provides work in a café and mentoring for people who have come out of prison, aiming to help them with the transition into employment, and avoid reoffending. The success rate is quite striking: where 46% of UK prisoners have reoffended within a year of release, only 9% of Switchback participants have. Many of you will have visited the Switchback café at an event to celebrate the FHMT a couple of years ago, and seen its impressive work. (This [short video](#) says more about the great work they're doing.)

**The Somali Week Festival** took place in October this year, and provides volunteering experience to those with an interest in local arts and culture. The week includes a combination of talks, musical events and performances, to explore the history of Somali culture and its connections to the UK. This year, Somali Week partnered with the London Literature Festival for the first time, for an event at the Southbank Centre. In total 26 volunteers contributed to Somali Week, none of whom had ever had the opportunity to work on this sort of event before.

**Newark Youth** continues to offer a range of after-school activities, including football and a girls' youth club for 6-16 year olds. In total around 200 children participate in Newark Youth activities on a weekly basis, which is quite remarkable. One of the ways in which this is sustained is that previous participants in the programme go on to act as volunteers, helping to keep it all afloat and gaining valuable work experience at the same time. The FHMT supports this by paying for youth workers to run these sessions.



The project we support at Toynbee Hall is called **Make It!** which seeks to build confidence amongst teenagers who lack the resources that most people have for personal and social development. Make It! runs programmes that introduce young people to outdoor collaborative activities, to develop team-building skills and broaden their horizons in ways they often couldn't have imagined. There were 48 participants in 2017.

Finally, **SPLASH** will be celebrating its 30<sup>th</sup> anniversary next year, having been formed during the redevelopment of Docklands to defend local community housing and public spaces. The FHMT contributes to evening youth clubs and sports sessions, which have expanded to operate several nights a week, with over three hundred young people signed up. These are so important for those who lack other safe and healthy activities and places to go.

### Fund-raising

The Norfolk bike ride, organised by Richard Haines, is now a firmly established annual event, and once again drew a terrific crowd for the cycling and evening party, now relocated to the Village Hall in Burnham Thorpe. This year's ride raised a terrific £10,750. A special thanks must go to Christopher and Christine Haines, who decided this would be their last year of participation, so made an extra-big fund-raising effort resulting in £3,275 for the Trust. Thanks go to all the riders and supporters who make it such a fun occasion.



The date for the 2018 Norfolk bike ride is **Saturday 19th May**. Look out for further information from Richard – we hope to make it another great weekend.

Another fundraising event planned for 2018 is a book sale, organised by Elizabeth Haines, due to take place in St Peters, De Beauvoir, on **Saturday 10th February** between 10-5pm. Please drop in on the day and offer your support.

Thanks to everyone who has supported us over the course of 2017 (with particular thanks to Sandra Dawson and the Christopher Laing Foundation for their donations). Every bit of moral and financial support is hugely appreciated. It is amazing that we are still going strong after 11 years, which is heavily thanks to all the encouragement and generosity of you!

### Happy Christmas,

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

### The Trustees