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2021 BIKE RIDE CONFIRMED! SATURDAY 18 SEPTEMBER
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Newsletter, December 2020 (updated April 2021)

As you might have guessed, it has not been a normal year for the Frank Haines Memorial Trust! The usual highlight of our calendar, and crucial fund-raising event, the annual Norfolk bike ride was cancelled like so much else. Other get-togethers, sponsored runs and rides were also impossible, and like thousands of other charities, we had to take some difficult decisions about how to get through the year in the absence of the normal income.

In the end, we decided to reduce our contributions to **Newark Youth**, **Switchback**, **SPLASH**, and sadly to end our relationship with **Kayd** - which runs arts activities for the Somali community and is based at Oxford House where Michael Haines was Chairman, was one of the very first activities that FHMT supported after it was founded. Ayan Mahamoud (below right), who runs **Kayd**, sent us the most wonderful thankyou email, which we think deserves to be read by those of you who have been donating to us over the years:



"I would like to take this opportunity to express my profound gratitude to you and the Frank Haines Memorial Trust for all the support you have provided to Kayd over the last decade. We are extremely grateful and it has enabled us to focus on uplifting arts, culture and music in our community without worrying about our basic expenses. Without this support I am sure we would not have been able to build as an institution and therefore carry our many of the activities that we currently do."

The other three charities have been continuing as best they can in the face of extraordinary challenges. **SPLASH** mobilised in the early phases of lockdown to cook and deliver hot meals to old people around Tower Hamlets. In total, with the help of financial donations and volunteers 7,000 meals were delivered, 74 prescriptions collected, and 1,790 welfare and befriending phone calls made. One volunteer, none other than Ian McKellan, was asked how it was going, to which he replied "I can't stop because I have six bags of potatoes to peel"!

Newark Youth, which runs sports activities and youth clubs for young people, had to switch quickly to online projects. These included zoom sessions with 8-19-year-olds to lead physical exercises and to deliver online youth club sessions and also to provide them with support for the anxiety they were feeling in relation to COVID, school closures and the financial pressures on their families.

Over the summer, Newark was able to gradually move back to outdoor activities, including football sessions in September. Newark also delivered a six-week summer programme across five different



sites, offering outdoor sports, games, arts and crafts and healthy eating information to 300 children and young people. Many of the attendees had not been able to play outside since the start of lockdown and these activities helped to rebuild their confidence. There were also three day trips for children, young people and parents.

Switchback, which works with men aged 18-30 who have come out of prison and need support to pursue new working lives and avoid reoffending is now over a decade old and has gone from strength to strength. Its most recent report shows that 93% of the young men who have worked with Switchback have avoided reoffending within the year.

We know that Switchback's work has never been more vital, as the barriers facing prison-leavers have reached extraordinary levels during the pandemic, including a record two thirds of Switchback Trainees being released from prison homeless.



Like so many, they too had to pivot, in part, to online services but persevered well in the face of the unprecedented challenges of 2020. Mentors have been able to meet with some trainees face to face to support them on their difficult journeys and are looking forward to being able to do this more in 2021.

Thank yous

We owe a big thank you to Anne Bird, who sold some of her late husband, John's, beautiful paintings, and donated the proceeds to the FHMT. We are also very grateful to David Mchugh who donated his arrangement fee for work helping the Scolt Head post lockdown. One of our Trustees, Kerrin, did a sponsored walk in November and raised £1,900.

Looking forward

We all hope that 2021 will be a very different kind of year, but just don't know how quickly normality might resume. But we can now confirm the **FHMT bike ride** will go ahead on **18th September**. We very much hope to see you there. Richard will be in touch shortly with the details.

We know it's been an extremely tough year for many and we're so pleased to have been able to continue funding small charities making a real difference to their communities. If you would like and are able to support us in supporting Newark Youth, Switchback and Splash please consider donating via www.justgiving.com/fhmt. Any contribution makes a real difference.

Meanwhile we have some new fundraising ideas in the pipeline, including online ones. Rob Haines has suggested a poker evening, with participants donating to the trust, and even a remote bike ride coordinated via a mobile app. Watch this space!

We hope you all have the best Christmas possible under these difficult circumstances and continue to be hugely grateful for your moral and financial support for the Trust and its beneficiaries.

Here's to a much better 2021!

The FHMT Trustees

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