



WILLIAM WATES
MEMORIAL TRUST

Annual Review 2019





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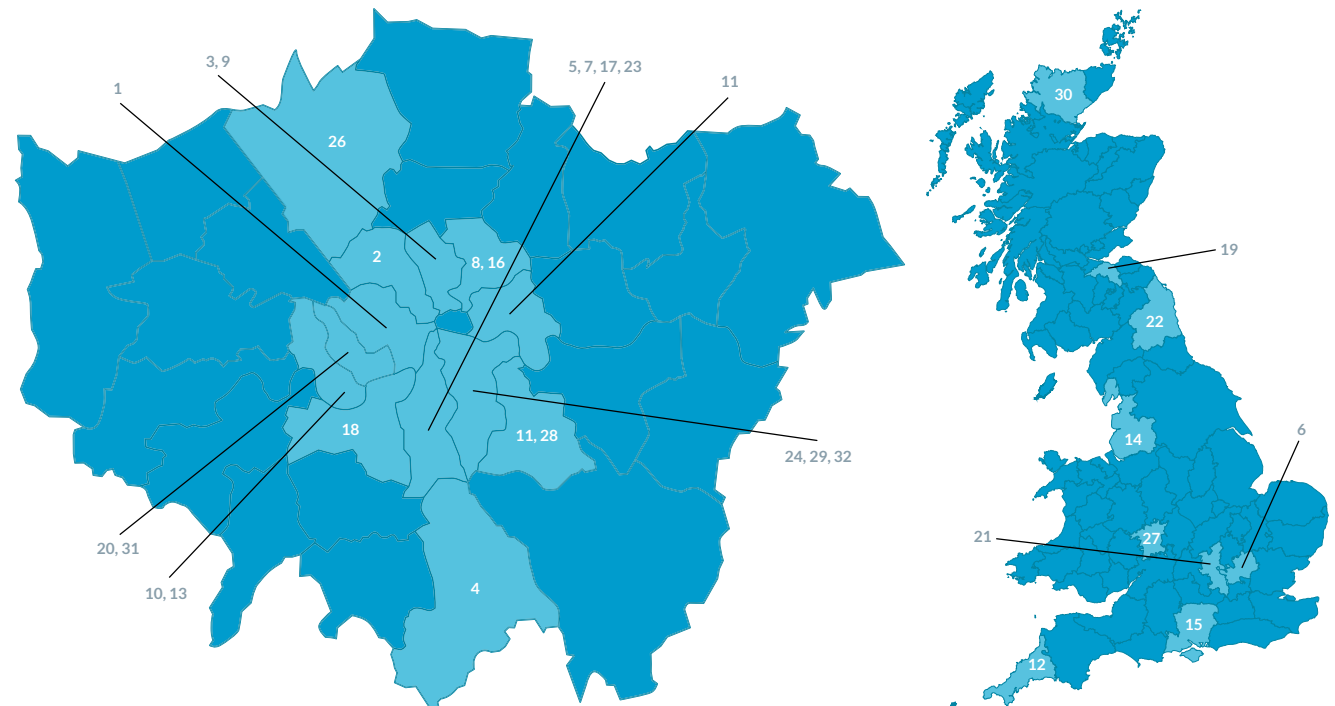
The William Wates Memorial Trust exists to celebrate the life of William Wates who was tragically killed when travelling in Central America in 1996.

The Trust was set up in 1998 with a mission to help the most disadvantaged young people in the UK to fulfil their potential. We are a grant making organisation, working closely with charities dedicated to supporting young people, especially those at risk of involvement in crime or violence.



| Charities Supported in 2019 | | | | | | | |
|-----------------------------|-----------------|--|----------|----|---------------|--|----------|
| | Area | Organisation | Amount | | Area | Organisation | Amount |
| 1 | Maida Vale | Abram Wilson Foundation | £50,000 | 17 | Stockwell | Oasis Children's Venture | £27,857 |
| 2 | Camden | Art Against Knives | £21,815 | 18 | Wandsworth | Our Time | £27,600 |
| 3 | Islington | BIRD | £2,500 | 19 | Edinburgh | Pilton Youth and Children's Project | £41,000 |
| 4 | Croydon | Crystal Palace FC Foundation | £80,000 | 20 | Westminster | Redthread Youth | £15,000 |
| 5 | Lambeth | Envision | £30,000 | 21 | Milton Keynes | Ride High Limited | £136,300 |
| 6 | Hertfordshire | GRIT | £136,000 | 22 | Middlesbrough | Rubies | £1,000 |
| 7 | Streatham | Hockey Inner City | £1,000 | 23 | Lambeth | School Ground Sounds | £19,500 |
| 8 | Hackney | Interlinkx CIC | £27,000 | 24 | Southwark | Southwark Diocesan Welfare | £23,839 |
| 9 | Islington | Islington Boat Club | £20,000 | 25 | France | Sport dans la Ville (not shown on map) | £10,000 |
| 10 | White City | Key4Life | £45,000 | 26 | Edgware | Strength in Horses | £10,000 |
| 11 | Lewisham | Lewisham Youth Theatre | £30,000 | 27 | Birmingham | Suited for Success | £2,000 |
| 12 | Cornwall | Livewire Youth Project | £5000 | 28 | Deptford | The AHOY Centre | £24,000 |
| 13 | Shepherd's Bush | London Sports Trust | £56,000 | 29 | Southwark | The Children's Literacy Charity | £32,000 |
| 14 | Manchester | Manchester Youth Zone | £30,000 | 30 | Sutherland | Tykes (The Young Karers East Sutherland) | £4,000 |
| 15 | Gosport | Motiv8 South | £5,000 | 31 | Kensington | West London Zone | £120,000 |
| 16 | Hackney | New Hackney Education Business Partnership Ltd | £21,580 | 32 | Bermondsey | Yes Futures | £20,000 |

The sums shown reflect the whole period of the grant, not just 2019



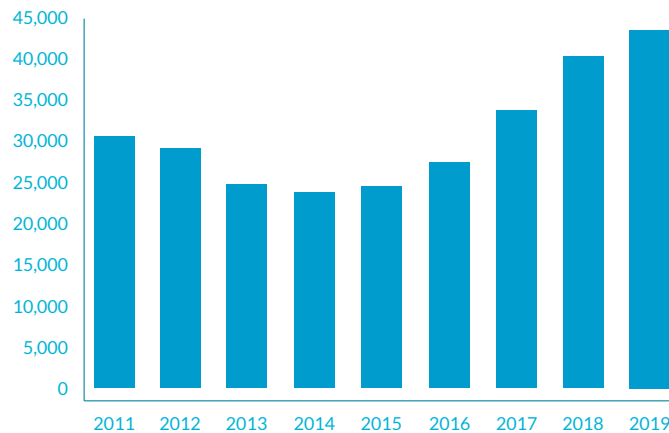
Knife Crime: Now more than ever

By Rick Wates

Sometimes statistics can lie but the chart shown here gives a clear and unambiguous message. Knife crime is on the rise. The experience of the charities we work with suggests that young people, particularly those in difficult circumstances, are heavily affected.

Total knife offences in England and Wales

Offences involving a knife or sharp instrument



Source: <https://www.bbc.co.uk/news/uk-42749089>
Home Office, year ending March. Figures exclude Greater Manchester.

Never has our mission been so important.

We need to prevent students being excluded from school, we need to provide places for young people to go other than the streets and we need to provide care and support for those young people who find themselves in trouble. This is exactly what the charities that WWMT support do

For example WWMT is currently supporting Redthread. Their expert youth workers meet young people in the Emergency Departments of London's Major Trauma Centre hospitals. A violent incident such as a stabbing leaves the whole community reeling. Youth workers support young people to choose not to retaliate, but to engage with other services, or move into places of safety. They support, mentor, advise, advocate, and empower young people to access other services and organisations and develop their own personal skills and strengths. Young people who work with Redthread are much less likely to

continue living violent lifestyles, making whole communities safer and healing the wounds left by violence.

Westminster House Youth Club, based in Nunhead, offer a less direct but equally important intervention. In an area beset by a range of inner-city problems, including high unemployment, crime, drugs, violence and a high incidence of underage sexual activity the club offers a safe place, a sense of community, positive activities, role models and consistent support for young people when they need it. Through their offering they give young people the confidence in their ability to rise above the low expectations placed upon them.

Youth Adventure Trust take Year 7 to 9 pupils from Swindon and the Wiltshire area on a series of adventure camps and day activities that take place over 3 years. YAT aim to help the young people they support by introducing them to outdoor adventure with a combination of outdoor residential adventure camps and day activities over a 3 school year period. Through multiple touch points the young people are given hope, confidence and skills to face their personal challenges which are often considerable. One Headmaster from Warminster said of the YAT programme:

"It turned Daniel around from a boy at risk of permanent exclusion to a boy thoroughly engaged with his schoolwork who is now a pleasure to teach"

These are three very different charities with one thing in common. They each have a determination to help young people fulfil their potential and stay away from a life of crime and violence. That determination is shared by the William Wates Memorial Trust. You will be aware that in recent years many of the services that support young people in their communities have been lost.

I hope this snapshot gives you a sense of just how devastating that loss is and how vital the charities are to the wellbeing of the communities they work in. We are incredibly grateful to all our supporters for enabling us to continue with our work through the funds they raise.

To find out more about the myriad of inspiring charities that you help support please visit: www.wwmt.org

Key4Life: A case study by Eva Hamilton

Thanks to the support of the William Wates Memorial Trust, Key4Life has been able to develop and expand its work to help tackle the knife crime epidemic. We have been increasing our work in prisons and with the community in White City, where there have recently been a number of murders and violent attacks with knives.

Specifically we have identified young people who are actively involved in gang warfare and knife crime. Once we engage them we deploy series of different interventions to help steer them to a safer, more positive path. They included shifting their environment by retreats to the countryside, along with football and music workshops. We even brought horses onto the estate and gave young people a chance to ride them. In some cases, this was the first time they had seen a horse. All the activities involved inspirational speakers including Key4Life alumni who shared their personal experiences.

We have also been running programmes for young men from West London who are at risk of going to prison. They all completed the 7 step rehabilitation programme and many of them have now gone on to full time employment. In addition to the At Risk Programmes we have just started a new programme at HMP Wormwood Scrubs for 25 young men who will be released into West London over the next 6 months. Our results continue to be very encouraging with a reoffending rate of 14% vs the Govt rate of 61% after a year and importantly 63% of Key4Life participants are in full time employment or meaningful occupation after 12 months vs the Govt rate of 15%.

"I am so grateful to William Wates Memorial Trust for funding the work I am doing to help turn the lives around of young men who are at risk of going to prison. Your support is helping me achieve my goal: to change lives"

Corey Anderson, Key4Life support worker.



MAKING WHAT **IF**
REALITY

Charities: A selection of our success stories

Grit

Grant Amount: £136,000 over 3 years

Champion: Rick Wates

This is one of our bigger grants. For over 25 years, GRIT has been working with young people experiencing disadvantage and living in challenging circumstances.

Their premise is that when you change your thinking, you can change your world. Their programmes are designed to do just that. They work with both the young people and those adults that support them, with the ambition to radically alter what life outcomes are possible.

The Community Transformation Programme, which started in January 2019, is all about enabling young adults in East London to take the action necessary to turn their lives around.

The first nine months have been very busy and successful. To date they have worked with 101 young people and, by the end of the first year of the programme they expect to have worked with a further 45, a total of 146 (against a target of 100) in a variety of non-residential intensive workshops and coaching follow-ups. Results so far are very promising:



- 91%** of young people achieved or have made progress with their self-set goals;
- 93%** (target 90%) described increased aspirations and motivation;
- 98%** (target 90%) felt their confidence had increased;
- 84%** (target 85%) reported improved networks of support with peers and adults;
- 88%** (target 75%) reported taking responsibility for their lives, demonstrated by transformed behaviours, e.g. reducing/ceasing: criminal activity; anti-social behaviour; substance misuse; risky sexual activities; running away/going missing.

Case Study: Adam (name changed to protect privacy)

"I came to Grit with virtually no self-confidence. I didn't know my worth so I was in a relationship where I wasn't valued and didn't feel secure. I realised that I wasn't okay but wasn't really aware of my mental health issues. Some of the really challenging experiences I have had to deal with in my life, I hadn't had a chance to properly speak about them. I'd become so used to brushing it under the carpet which was why being involved in Grit was so emotional for me.

Because of Grit I began to realise my worth and leave that relationship. It was a very real experience, where I couldn't hide and keep my pain to myself as I had been doing.

Going through the monthly catch ups and meetings have helped me become a so much stronger person. I do still experience low points in my life, but I now have the tools to get myself out of that dark place thanks to the programme. My experience being part of Grit has shaped who I am today. Despite this being a cliché, there is no other way for me to describe the great influence the program has had over me. I thank my coach and the volunteers at Grit for the journey. Now that I've been through the experience I feel and want everyone to go through this process."



Strength in Horses

Grant Amount: £10,000 over 1 year

Champion: Andrew Wates

SIH offers equine-assisted therapy as a collaborative effort between a licensed therapist and a horse professional working with the young people and horses to address treatment goals.

This therapeutic approach is totally hands-on for participants. SIH argues that equine therapy taking place outdoors can be a very rewarding and stimulating intervention; it enables young people to experience a rural environment and reconnect with a more natural way of life – this is particularly advantageous for those from deprived environments, who have been subjected to long periods in mental health hospitals or experienced severe family difficulties or deprivation.

Interlinkx CIC

Grant Amount: £27,000 over 3 years

Champion: Jonny Wates

The grant supports the salary of the sole full-time employee and inspirational founder of Hackney Cycling Club. The charity uses garages on the local housing estates in the evenings and weekends, to offer coached cycle maintenance sessions, cycle sports sessions and assisted cycling trips to cultural venues.

They aim to tackle crime and anti-social behaviour through education and peer mentoring by creating structures to alleviate territory issues on the local estates. They also want to increase transferable skills, improve wellbeing and fitness and offer progression opportunities to become youth peer role models, mentors, coaches and educators.

Charity Interview: Harlee who attended Ride High

Grant Amount: £136,300 over 2 years

Champion: Rick Wates

How did you 1st hear about Ride High?

"I first learnt about Ride High through my school and I joined the Ride High Programme in 2017 when I was 13."

Why did you decide to participate in the programme?

"My school referred me to Ride High because I was being badly bullied. I had no friends – no one I could trust at school. The constant bullying made me feel very depressed and I started having dark thoughts. I remember feeling that I didn't belong anywhere and I tried to isolate myself from everything and everyone – even my family who were very supportive. Things got so bad that my nan, (who I've practically lived with all my life) nearly took me out of school. Then the opportunity to attend Ride High came along and it changed everything."

How did you benefit from the programme?

"I was so scared when I first joined Ride High. When I waited for the minibus to pick me up on my first day I remember thinking 'What if no one likes me?' but the amazing staff and volunteers at Ride High supported me all the way. I felt safe to be myself. I'd never even touched a horse, let alone ridden one, so meeting the horses was a challenge, but one I overcame and made me feel more confident over the passing weeks and months. One of the best bits about Ride High for me was the amazing friendships I made. Even after Ride High came to an end we still see each other all the time and those friendships have given me the confidence to make even more friends. I no longer feel alone with my friends and the horses by my side."

What would you say to other young people who are in the situation you were in about Ride High?

"I would say that there is always hope and not to give up. Ride High really was my lifeline and it can be yours too. It's a special place where you have the time to build your confidence, to find your inner strength and to be accepted for who you are. The horses and projects help you to manage negative feelings and to focus on having positive future. "

What are you doing now?

"Ride High is my happy place. When my time as a member came to an end I just had to volunteer on the yard. The people are important to me and I love working with the horses. Poppy and Peggy are my favourites,

they're both mares and they have a lot of character.

My experience as a member of Ride High and as a volunteer made me realise that I wanted to make a career out of working with horses, so when an opportunity to apply for an apprenticeship at the Ride High Equestrian Centre came up I jumped at it.

Now I'm a member of staff myself, I'm studying a Level 2 Groom course and someone comes to visit me once a month, reviews my written work and sets me more. At work I'm learning more skills every day that relate to the written work I'm doing. I've made some really good relationships with my colleagues and I'm so happy to be at the beginning of my career.

So Ride High has really taken me on an extraordinary journey. Three years ago I didn't want to get up in the morning; now I wake up and look forward to what the day has in store. I'm happier and more confident than I have ever been before. I can see a brighter future ahead and I'm excited about it, and of course hugely appreciative to Ride High for having made this all possible, and to the William Wates Memorial Trust for supporting my apprenticeship.

I'll finish my apprenticeship later this year and then I might keep working my way up the Levels. However my dream is to one day travel to America and work with horses in Texas. Ride High has taught me that nothing is impossible – so I'm aiming high!"



Rubies

Three Smaller Grants

Inspired by our Le Loop riders, this year we've experimented with making a series of smaller, lighter touch grants to causes that have specific merit. In each of the cases below, we were introduced by Le Loop riders, with personal recommendations.

Livewire

Grant Amount: £5,000

This supports the staffing costs of a youth mental health and well-being project in Devon and Cornwall. Issues addressed include drug addiction, low self-esteem, self-harming, anxiety and isolation.

Rubies

Grant Amount: £1,000

In 2016 Plan International reported that Middlesbrough was the worst place in the UK for a girl to grow up. Rubies seek to counter that by helping young girls boost their self-worth and realise their potential. Our grant funded training for their Trustees and Volunteers to help them understand trauma in young people, how to address it and work to make young people's lives better.

Motiv8

Grant Amount: £5,000

We are supporting salary costs for Motiv8's 'Divert' programme in Gosport, West Sussex. They are working with 10 young people to improve school attendance, reduce anti-social behaviour and crime. The focus of the intervention is a series of three to five hour engagement sessions to coach and mentor the young people with the intention to shift attitudes and behaviour.

Le Loop: Interview with Rick Wates, Chairman

Why was the event set up?

"Le Loop was set up by my family as a memorial for Will and to raise funds for the Trust. We started Le Loop ten years after he died and wanted it to be an event of note that really honoured his memory. Cycling the route of the Tour de France definitely achieves that and Le Loop has proven a great way of raising money to help young people stay away from a life of crime."



What role do you play?

"As Chairman of Le Loop I represent the family and the Trust in all aspects of the event. The team report in to me, I do lots of ambassadorial work and by riding stages I get to meet many of our fabulous cyclists. Le Loop is a privilege to be a part of and I love it."

What role does Le Loop play in the way WWMT works?

"Le Loop is the main fundraiser for WWMT. It generates between £250-£300K for grants giving each year. This allows the charity to make some large grants at £50K+ as well as a series of smaller grants."

What is the relationship between the Trust and the event?

"I hope that everyone feels a connection between the two. We bring that alive by inviting charity beneficiaries to participate, taking our riders to see the charities they are supporting and actively helping them with their fundraising efforts. WWMT is a real family affair and my brothers, and Mum and Dad, are fully engaged as Trustees. I strongly believe that our love of Le Loop, and participation in it, helps make that connection."



Why do you think Le Loop works so well?

"Where to start?! Our association with the iconic Tour de France, the rise in popularity of cycling/ endurance events, the 'post team sport' need in people to take exercise, the physical/ mental test, the camaraderie, being part of something bigger than ourselves, France itself, the people and the scenery, empathy with the cause and incredibly importantly a very capable team who deliver a superb experience every time. It's unique – nobody does what we do and it's great value for money. This is evidenced by the numbers we get, our repeat riders, word of mouth recommendations, post ride feedback and testimonials."

What are you proudest of?

"We've managed to keep Will's memory alive in the most positive way and in doing so raised just under £4M for our charities. We've recruited a team who deliver an exceptional experience for our riders and created a formula that works. Le Loop is a great driver of good and it has shaped the lives of those who've ridden and those who've benefited from the funds raised. Le Loop is like one big family and everyone who is, or has been, a part of it should feel very proud."

What are our hopes for the future?

"Our aim is to continually improve all aspects of the event whilst maintaining it's integrity. We want everyone to flourish so our focus is to ensure our riders have the best possible time and feel inspired to fundraise to the best of their ability for the young people we support."

Le Loop: The team behind it

Our fundraising cycling event Le Loop is run by a dedicated team of brilliant individuals who return year on year to ensure that the event continues to be the roaring success that it is.

They work tirelessly and cheerfully, always starting well before our riders and finishing their working day long after them. Without them, Le Loop couldn't exist to raise the fantastic funds that it does for WWMT and the charities we support.

The staff are constantly asked 'what's it like' to work on such an intense and gruelling event as Le Loop and so we asked a few of them to share their insights:



Andy

Bike Mechanic

Andy is a seasoned mechanic who has worked on Le Loop every year, bar one, since 2012 (and even worked on the 2010 ride that was for friends and family of the Wates – before the event was opened up to the general public).

On a typical day we start by getting the bikes positioned so they were available for the riders around 6am. If there is a transfer it means setting off an hour before the coach to the start point and unloading the bikes off the vans. Once the peloton leaves the race is on to get to the first feed stop and set up.

‘Second breakfast’ normally consists of French pastries, cakes, nuts and the cyclists’ favourite... bananas, lots of them! Up to 15kg a day!

I address any mechanical issues that arise with the bikes during the day; gear tweaks, creaks, saddle adjustments etc. We keep cyclists going on their own bikes as long as possible but if we need to, we put them onto one of our brilliant back-up bikes (provided by our bike partner France Bike Rentals – FBR) until we’ve fixed the problem.

The role of night mechanic is a bit different. This is more of a background role, shuttling the 80 or so suitcases from hotel to hotel, buying the huge amounts of bananas and fizzy drinks that are required every day and getting the hotel set up to accept the riders. As the group rolls in the therapists fix the riders and I get to work fixing the bikes. Mechanicals are wide ranging from broken springs in pedals to dead batteries. The number of ‘sad’ bikes varies from day to day so sometimes work rolls on until the early hours.

Being a cyclist myself of many years it is incredible being on the tour and being so deeply immersed in such an epic event. The achievements of the participants day to day are fantastic to watch and it’s great to know that with every pedal stroke money is being raised for an amazing charity.

Claire

Physio/Massage Therapist

Claire is one of a team of therapists provided by the brilliant ‘Athletes’ Angels’. They keep our riders in physical shape and often make the difference between whether a rider can climb back on their bike the next day ... or not!

The therapy team is made up of 4 team members: 2 ‘day’ and 2 ‘evening’ therapists. As one of the ‘day’ members, I typically start around an hour before the cyclists are up and about. After dishing out lots of reassurance, taping and advice to keep tired bodies pedalling, we head off in hot pursuit of the cyclists to make it to the first feed stop of the day.

At feed stop one, I become a master of multi-tasking. Demonstration of useful stretches for newly warmed-up muscles, re-taping of sweaty, sun-creamed limbs, and ensuring a glorious spread of morning snacks are laid out are but a few of the normal duties. We treat any minor niggles to prevent more significant problems. Next it’s Lunch! We aim to get well ahead of the cyclists at this point to ensure plenty of time to prepare for our gourmet roadside restaurant! After peeling, chopping, mixing and seasoning is complete, my physio duties resume until the last cyclist has made it safely through feed stop 3. Then it’s a quick coffee and straight to the hotel to help with post-ride massage.

After dinner, our working day is complete, and the evening shift therapists take over to make sure everyone who would like massage or advice has access to treatment.

For me, being part of the incredible team that make Le Loop possible is a privilege I take great pride in. To see the results of the hard work of the team – riders getting to Paris having raised an outstanding amount of money to help children live a better life all over the UK – is addictive! There is also something very special about seeing cyclists achieve what they never believed they may be able to. Spectating as 40 tired riders manage an epic HC category climb in 40 degree heat having already ridden hard for many days is tear jerking.

Sarah

Tour Manager

Sarah works throughout the year on all the operational logistics of the Tour and much more. A fluent French speaker she can charm the pants off the gendarmerie if needed. On the tour itself, she runs the show.

I’m up at 5.30 most mornings: there are often already texts from the signing car (who left even earlier) with notes about the route so I check that before heading out to see the other staff. I check the vans have everything they need, the cyclists have enough calories at breakfast and that the doctors and physios are managing to keep everyone happy and (relatively) pain free.

Once the cycling starts, I’m towards the front of the group, doing 2 or 3 supermarket sweeps each day and delivering supplies to the feedstops.

I try to get to the evening’s hotel at around 4pm, just ahead of the first cyclists, to make sure that everything is organised and well set up for action once the cyclists arrive: bike storage, massage, room keys, dinner... there’s lots to organise and lots of hotel staff to make friends with!

For me, the best bit of my job is seeing cyclists (fast, slow, experienced or not) arrive at a hotel buzzing, telling everyone that it’s been their best day ever on a bike. As I drive between supermarkets, hotels and feed stops, I see groups of cyclists riding along, chatting and laughing - and that makes me smile to myself too.

I’m really proud of the fact that that people come back year after year, that we’re running a great event that contributes to something bigger and more important than just a fun holiday. But it can also be tough – for me the sleep deprivation is the hardest bit. I’m pretty wired all day long with so much going on and although I’m asleep the moment my head hits the pillow, my head isn’t on that pillow for quite as long as I’d like each night!



Interlinkx: Grant Amount: £27,000 over 3 years

Cover: Our Time: Grant Amount: £27,600 over 3 years

The Trustees

The Trustees of the William Wates Memorial Trust are the parents and brothers of William and are advised by Sue Laing, who is an independent Trustee.

The Trustees take on projects as “champions” and oversee them from start to finish. As such we are lucky enough to get to know the charities we support very well and have gained an excellent insight into what works in our chosen sector.

We don't have any direct employees and therefore have low overheads. This means the vast majority of the funds we raise go to the charities we support.

Who we can help

The objective of WWMT is: To encourage disadvantaged and vulnerable young people away from anti-social behaviour and criminal activity, enabling them to fulfill their potential. If you know of a charity that fits our criteria please do get in touch. We would be delighted to get an application from them.

To view our criteria go to: www.wwmt.org/whowecanhelp

Donate Now!

The trust relies on your donations to be able to continue to support amazing projects like these.

If you would like to support us please contact us to discuss or visit the website at www.wwmt.org

Any support is hugely appreciated. Thank you.



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**The Trustees of the William Wates Memorial Trust
wish to thank you for your continued support.**