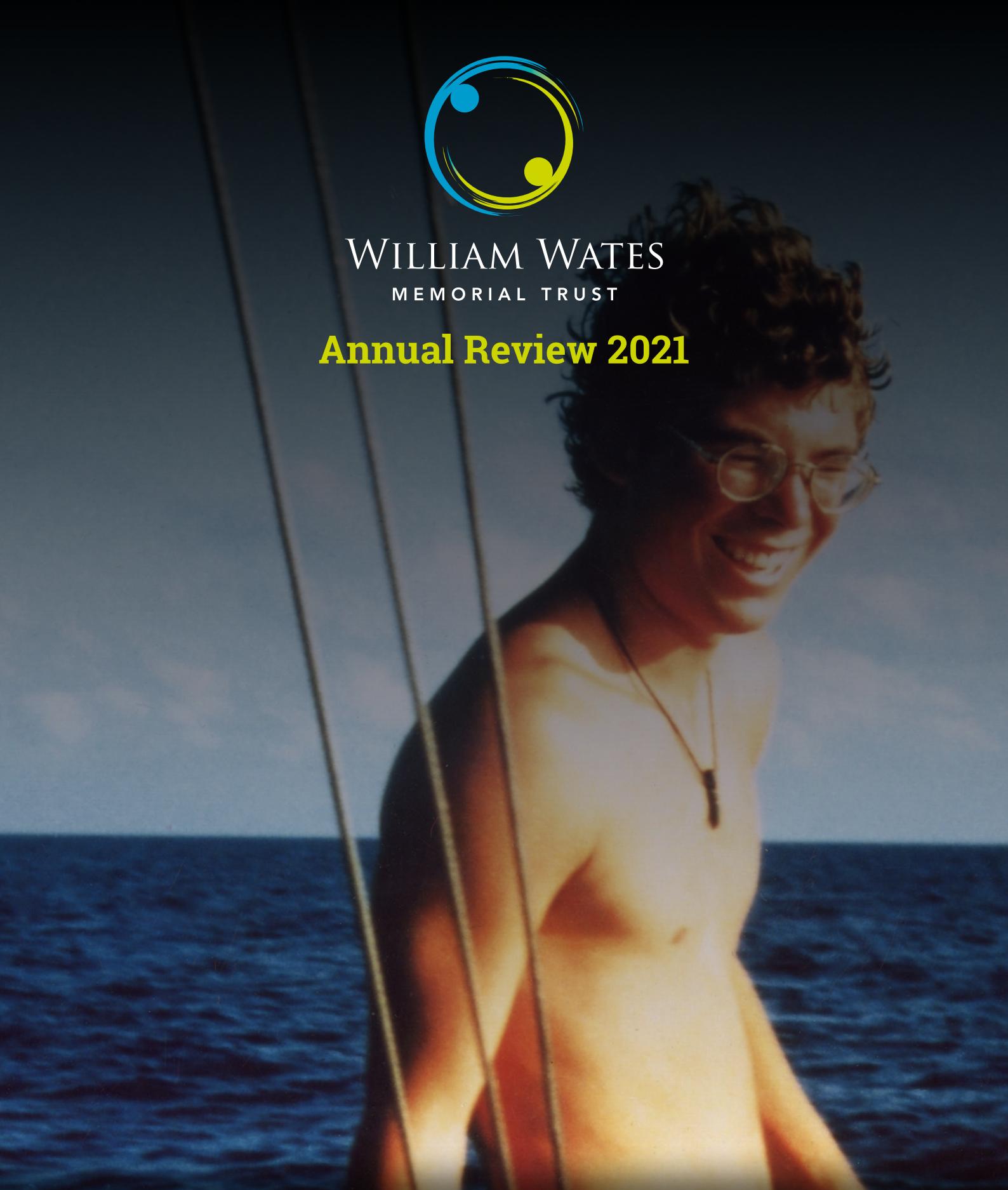




WILLIAM WATES  
MEMORIAL TRUST

## Annual Review 2021



Will: 1977 - 1996

WWMT: 1998 - 2022 (and beyond!)

It is 25 years since Will died, and it has been a challenging journey for us all. The grief and sorrow will never go away, but through WWMT, the family have found a common purpose. It has also been a wonderful learning experience. One of the biggest (and most exciting) challenges was creating and developing Le Loop. Without the Le Loop team and the riders the scale of what we do would not be possible. We are deeply grateful for their support.

The COVID pandemic has highlighted other areas of need. We now see more clearly than ever those struggling with mental health, and are beginning to identify and support those charities that are making a difference in this area. **We are proud to have made grants totalling over £3.5 million to date** and look forward to helping many more great organisations in the years to come.

*Andrew.*

### Thoughts from the Wates family

#### Tim

Will is often in my thoughts. I feel great sadness that I will never know the very special man that Will would have become. I think of what he would have felt about the WWMT. I can picture a self-deprecating laugh and a wry smile at all that effort and attention – combined with a warm and caring appreciation that we have helped so many young people to flourish and to find their way.

Total grants to 2021

**£3.59M**

Total number of individual grants  
**282**

Average size grant  
**£12,735**

Biggest single grant  
**£150k**

Ferndale Sports Centre, Lambeth

Average total per year  
**£180k**

2014  
Largest annual total  
**£421k**

2001  
Smallest annual total  
**£13k**

Total raised by Le Loop  
**£4.25M**



### Jonny

The WWMT has been a good example of how a terrible tragedy has generated a catalyst for good. The raising of over £4m for good causes is a tremendous achievement. Family engagement with the Charities we support has had a unifying affect on all of us. It has enabled us to keep alive those memories of Will which we all hold.

### Rick

First and foremost the Trust is a memorial for Will. Its work helps us to cherish and honour his memory. For me personally it has been a priceless source of light where there was darkness. Will was such a kind and caring human being. I can't help feeling that had he had the chance, this is the kind of work he would have been doing.

### Rick

When Will died I lost a brother and a soul mate. I really loved him, and I miss him hugely. We all do. In his understated way he was incredibly important to our family and our lives have changed significantly because of his death. Through WWMT and Le Loop we honour his memory in the very best way we can, and this enables us to celebrate his life whilst helping to change the lives of others for the better.

### Monty

What a wonderful legacy to Will the WWMT is. It has enabled 1000's of young people to realise their potential, and it's also helped me. The tragedy of Will's death and visiting the projects that WWMT supports gave me some context to my life that I was in desperate need of. And for many of the beneficiaries, those same projects have been truly life changing.

### Sarah / Mum

Our reflections and memories of William live on, kept alive through the WWMT which helps to support young children whose lives are unstable and hard.

Our donations help many incredible charities to help and advise many children to go forward and enjoy life.

Where would they be without your (our fund-raisers) support, love and giving?

With many thanks over and over again.



## Our charities, majoring on mental health and mentoring

**“** Covid-19 put enormous pressure on communities right across the UK and this has particularly impacted our Young Men's mental health, access to employment opportunities and their general mobility.

CEO, Key For Life

**“** We have had a **50% increase** in young people asking for mentors for both employability/education and family support.

Hackney Quest

**“** There has been around a **30% increase** in the number of participants being referred to our foundation as a result of the crisis we're having with the Pandemic but, also due to local authority cuts.

Motiv8

**“** In late 2021, we carried out a survey among our school partners. 93% said that the pandemic has had a negative impact on the mental health and wellbeing of pupils and 87% told us their most vulnerable students had been disproportionately impacted.

Power 2

**“** Our mental health services have stepped up several gears with a four fold increase in the number of young people attending sessions.

Ian Burks CEO YMCA East Surrey

### Charity Sector Snapshot 2021



In a 2018 OECD survey of 15 year olds the **UK ranked 29<sup>th</sup> out of 30** OECD countries for life satisfaction

**1/3** of mental health problems in adulthood are directly connected to an adverse childhood experience



Adults who experienced four or more adversities in their childhood are **4X more likely** to have low levels of mental wellbeing and life satisfaction

The economic costs of mental health issues in England have been estimated at **£105 billion/yr**

**+** A&E attendances for under 19s with a recorded diagnosis of a psychiatric condition **more than tripled** between 2010 and 2018-19

Women between 16 & 24yrs are almost **three times as likely** to experience a common mental health issue as men of the same age

Since 2017 rates of probable mental disorders have increased

|          | 2017  | 2021  |
|----------|-------|-------|
| 6-16yrs  | 11.6% | 17.4% |
| 17-19yrs | 10.1% | 17.4% |

That's **5 children in every classroom**

**16-24yrs 20%**  
Younger donors are more likely than older to donate to charities supporting physical or mental healthcare

**£**  
WWMT granted **£341k** in 2021  
% of total UK charitable donations

No. of charities supported by WWMT:  
2017: **26**  
2018: **27**  
2019: **29**  
2020: **22**  
2021: **21**

**“** The COVID pandemic has resulted in an increasing number of young people presenting with greater anxiety and lower levels of confidence. They see an uncertain future and need our support and the tools to cope. More critically than ever they need the ability to talk about their worries, to broaden their horizons, get a different perspective, see their strengths, understand how to manage their challenges, develop social skills and build their confidence which has been impacted by the lockdowns.

CEO, Youth Adventure Trust

**“** These young people spend time outdoors, have some wilderness therapy, get space and just have fun - all essential for mental wellbeing and resilience building to see them through this unsettling period.

Youth Adventure Trust

**From our analysis, we estimate that the total amount given in the UK in 2020 was £11.3 billion (compared to £10.6 billion in 2019). This is against a backdrop of significant concern about household finances, with 44% of people reporting that they were worried about money.**

CAF online

**“** It's helped me remain positive during covid and keep engaged with something I love. It has been very good for my mental health. There is always a great sense of community, no matter who you are, where you're from, your age, what you look like, you are accepted, included and made to feel like you do matter.

Participant, Seniors 16-21s, Lewisham Youth Theatre

**“** It's like a ray of hope for him on a Monday evening with so many disappointments of other activities not able to happen or friends we can't see. I'm just so pleased to see him engage and really enjoy it.

Parent, Technical Theatre group, Lewisham Youth Theatre

## Case Study YMCA East Surrey

At the age of 16, Indy's life was following a path that was littered with drugs and violence. Struggling to focus at school and under the influence of his older brother who was already battling substance abuse, Indy was dragged into mixing with the wrong crowd and his behaviour took on a downward spiral.

"I began to buy and sell drugs," he explains. "It brought me into contact with some very dangerous people and I was living on a knife edge. Anyone pushed me, I pushed back harder. I had no positive role models and my temper was out of control."

After one family dispute too many, Indy walked out of his home and was directed towards YMCA Hillbrook House in Redhill by his Youth Support Services key worker.

YMCA East Surrey's Housing Services provide opportunities for people aged 16 to 30 who are facing homelessness within the local community, helping them to access housing and offering support that meets their individual needs. Our younger residents are especially vulnerable and between July 2020 and July 2021, we supported 58 16 to 18-year-olds.

"I found living alongside other people

incredibly difficult as I wasn't used to respecting others or listening to their views," says Indy. "I rejected the help I was offered because I didn't know how to reach out for it."

Eventually, Indy reached a crossroads where he realised he had to open up and make some changes.

"I had nothing else to lose," he remembers. "The YMCA staff at Hillbrook House offered me unconditional support. They were tough but they did not stop pushing me to improve myself. They genuinely wanted me to do better and to feel better."

Indy became one of the first residents on our pilot Y-Focus programme, which offers regular activity workshops to residents, ranging from employability, money management and life skills, through to gym sessions, team building and mental wellbeing.

Indy, 20, has now secured a full-time job with a local company and moved out of Hillbrook House, progressing to a YMCA supported Move-On house in Redhill. From April 2020 to March 2021 YMCA East Surrey supported 18 young people in two Move On houses in Redhill, and we are now refurbishing a third house that will be able to



**“I've found happiness and freedom. For as long as I can remember, people have been telling me that I won't make it. And I have.”**

accommodate a further 12 young people from January 2022.

"It feels like I'm beginning to build my own life," he says. "I'm doing so much better, I'm clean and I have an improved relationship with my father. The YMCA housing team taught me that it doesn't matter where I've come from. The life I live now will define me."

## Case Study Palace for Life - ASHLEY

"Since meeting with my mentor Leo he's got me into different sports. I go boxing as well on a Thursday. Stuff like this has given me an opportunity and something to do that's fun and much better than what some of my other friends are doing."

Ashley said, "I face a lot of issues, mainly mental health, I dunno, in this world I feel like it's very hard to express who you really are and that's my main problem I'm not really allowed to express who I am in this world"

Ashley began Breaking the Cycle in October and spent over 12 weeks, sometimes meeting twice a week with his mentor, Leo. Together they worked through a number of things including, anger triggers and dealing with confrontation in a positive way. Ashley

said the main thing that helped with Leo was just be able to talk with him openly about what was going on in his head, writing those things down and processing them after sessions.

"He [Leo] would text me be like, cool, how is this going? Are you still keeping on with it. The things that I wanted to do we kind of just spoke about it and he kept reminding me to do them, and kept pushing me"

"Leo pushed me to do more, he allowed me to find self-motivation and now I don't have to talk to him every day, and I still feel like yeah I'm good".

Ashley is now attending college, studying motor vehicle and engineering alongside working part-time at B&Q. Cars and bikes are Ashley's passion and he hopes to align this with his career in the future.



**“I feel like the way I tried to express myself wasn't the right way and I was going down the wrong path doing the wrong things”**



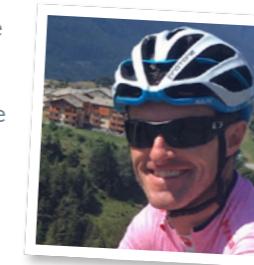
**Kate McCombe** (3 stages...so far!)

**“** Since cycling 3 stages of the Tour with WWMT some years ago, I have dreamed of returning to cycle the Grand Loop. I was inspired by the palpable camaraderie, the shared sense of purpose, and the opportunity to undertake the sporting challenge of a life-time while simultaneously making a meaningful contribution to the lives of others.



**Darragh Costello** (39 stages)

**“** What has made Le Loop truly special for me has been the people I've met. From the evening meals where the day's travails are recounted, to special visits from the simply awesome kids who benefited from WWMT that came to tell their stories, the enduring friendships with fellow riders from all over the world, to the incredibly kind, funny and ever resourceful support team - they are the reason why I want to be on that start line in June.



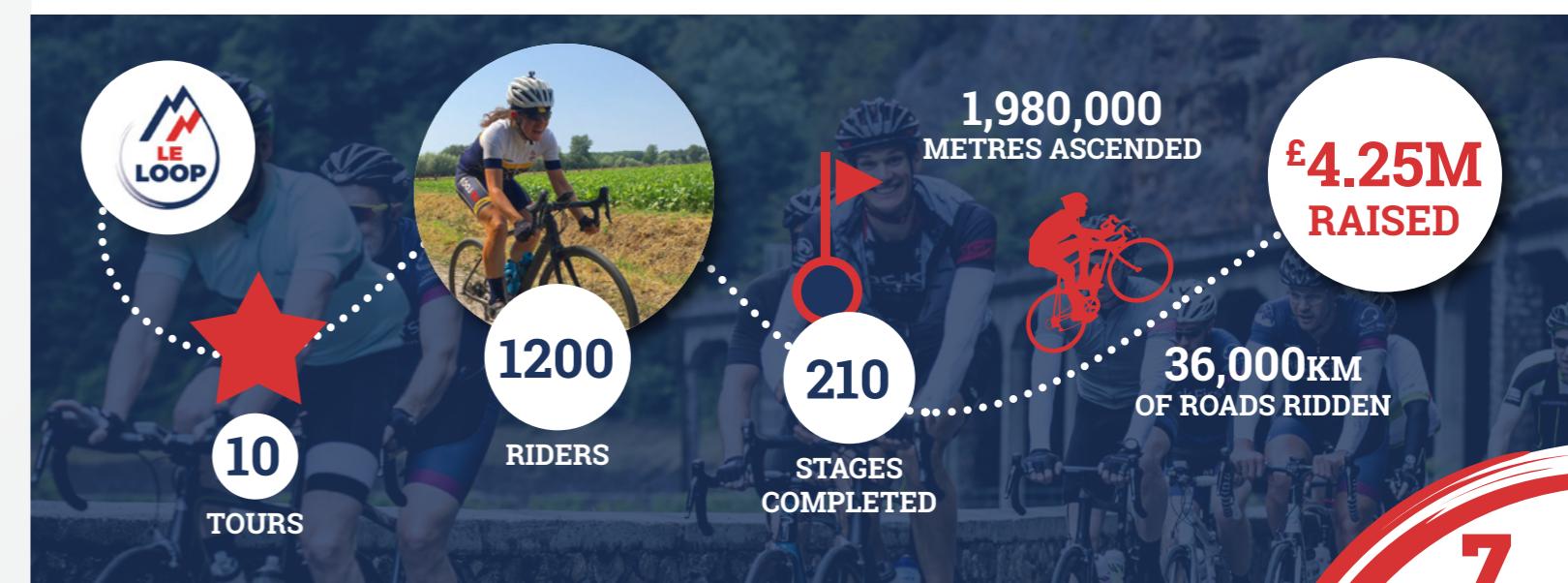
**Luke Meechan** (10 stages)

**“** Summer 2022 will be my fourth Le Loop adventure. It is by far the best experience you can have, on a bike. Riding the route (or for me a few lite stages) of the Tour with the wonderful support of the Le Loop team – it becomes addictive. And of course France was made for cycling.



**Tom Harris** (104 stages)

**“** The Tour is now what I look forward to and train for all year. I look forward to meeting up with so many old friends, making new ones, embracing the bubble, chatting with the old Doctor. Looking back, the Tour has created so many indelible memories - always of the hardest stages! I'm also appreciative of how the event has made me a kinder and more generous individual.





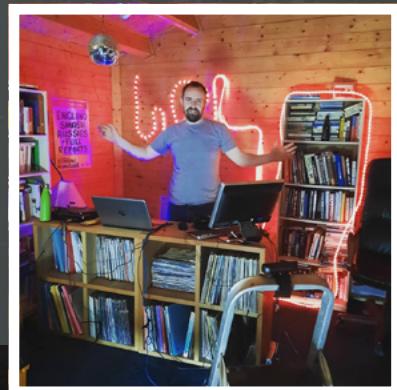
“ My connection with WWMT began way back. Longer than I care to remember. The first ever charity I supported was the WWMT. I never had the pleasure of meeting William but I was friends with Jonny and through him I was given a clear insight into the kind of young man he was. I also remember being so impressed with the personal nature of the trust. The involvement of each and every member of the family. It was evident that here was a charity who wanted to make a real tangible difference in young lives and I wanted a piece of that! One of my absolute favourite times of the year is listening to the speaker at the annual golf day... it never fails to bring a tear to my eye.... Not sadness. Not sympathy.... Inspiration. This trust does exactly what it set out to do by honouring William's name and changing lives. I've no idea how much I've raised over the years by running marathons or doing triathlons or taking part in the first ever Le Loop and more recently rowing the Atlantic but I've always been strangely proud to raise money in the name of someone I never knew, it says something about the power of love and the power of family. A family I feel very much a part of. Long May it continue!!

*Ted Jackson*



“ I fundraise as a way of keeping Will's name alive, which of course is the spirit of WWMT. But I also know that donations are going to superb projects, ones which Will would have approved of. Hearing the backstories on the WWMT golf day is testament to that. It has spurred me on to raise money through two Le Loops over the years, riding eight stages in all, while in February 2021 I did a 24-hour DJ set, which raised close to £7,000.

*Rodney Gilmore (School friend of Will's)*



Thanks so much for all your support. So many young people benefit from your generosity.

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DONATE HERE: <https://fundraising.wwmt.org/donate>