



halow at Festival of Speed

25th – 28th June 2015



*Putting young people with a learning
disability in the driving seat*

halow
nurturing independence

Spotlight

The halow project's magazine

Issue 4



halow – a helping hand on the journey towards adulthood

The journey towards adulthood for young people with a learning disability can be a struggle, navigating their way through all the usual difficulties for teenagers and young adults, but with social barriers and often a lack of opportunities after school and college. Families too need support at this time.

halow's approach to working with young people is to offer a range of opportunities where they can build confidence, develop their talents and achieve their goals. Our person centred approach means young people are at the centre of everything we do. Our staff and volunteers are there to help and support their journey, offering a helping hand and working with them along the way to achieve the goals they strive for.

This issue of Spotlight highlights some of the amazing achievements of our young people, our supporters and the opportunities we have been working, with your help, to create.

The halow project is dedicated to creating opportunities and supporting young people aged 16-35 with a learning disability so that they are able to live independent, meaningful, fulfilled lives and become more involved in their local community.

halow aims to ensure that every person with a learning disability has the same life choices and chances as any other person.

The young people we work with want the opportunity to:

- Build relationships
- Become part of the community
- Find meaningful employment
- Have a home of their own

Inside this issue:

halow250
Success



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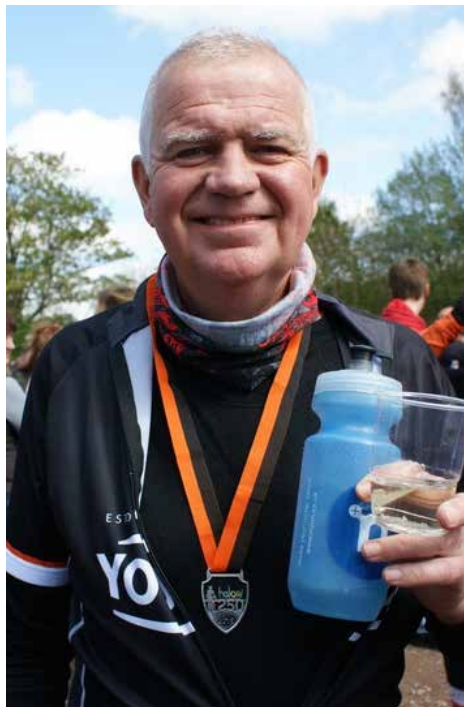
Supported
Living Expansion



Love halow
Campaign



Supporting To Live



This approach considers the whole person, taking into account each individual's unique qualities, abilities, needs, interests and preferences rather than focusing on their disability or diagnosis.

Over the last year we have seen our Supported Living service grow from one shared home to four. Our staff are now supporting ten young people in rented homes that young people and families chose, with housemates they chose themselves and with lifestyles as individual and varied as they are.

As a father and Chairman of **halow**, I worry that Supported Living has become a 'cover all' term used for caring for people in the community and the true objective is in danger of being corrupted. For me, **halow** provides Supported Living as an essential service for young people and is a key part of what we offer.

Working with the large number of young people we do, we are aware of many providers who claim to provide supported living, but either through lack of imagination or for commercial reasons offer a seemingly regimented service with minimal choice. For example, breakfast at 8am, no choice about who you live with, limited choice of daily activities - I could go on but this isn't supported living, in my view, it's a care home. Care homes may have their place and we have worked with many young people from other providers. Sadly, we have seen some examples of poor support, bullying and the inappropriate use of medication, but it's the general lack of ambition and care

that can be so regressive. Recently, some terrible examples of poor care have been highlighted in the press and law courts, and thankfully further changes in the legislation will be coming which will enable loop holes to be tightened in the world of supported living.

To provide real supported living is extremely complex and skilled, working with each person on their personal development, so their days and evenings have purpose, structure and real self-determination. To support 10 people, 24 hours a day, 7 days a week, we have team of almost double that number of supported living buddies and with this focus we see an incredible level of change. Over 18 months ago we started to support our first group of young people in their home, and this year some have decided to move on (see page 10). They are moving to new homes, with confidence and with less support. It's a great example of how normal progression can be replicated for those with a learning disability and shows how you can support people to live. To make this happen you need a true partnership between parents/young people and providers, and when it comes together the results are incredible.

Martin Day
Chairman

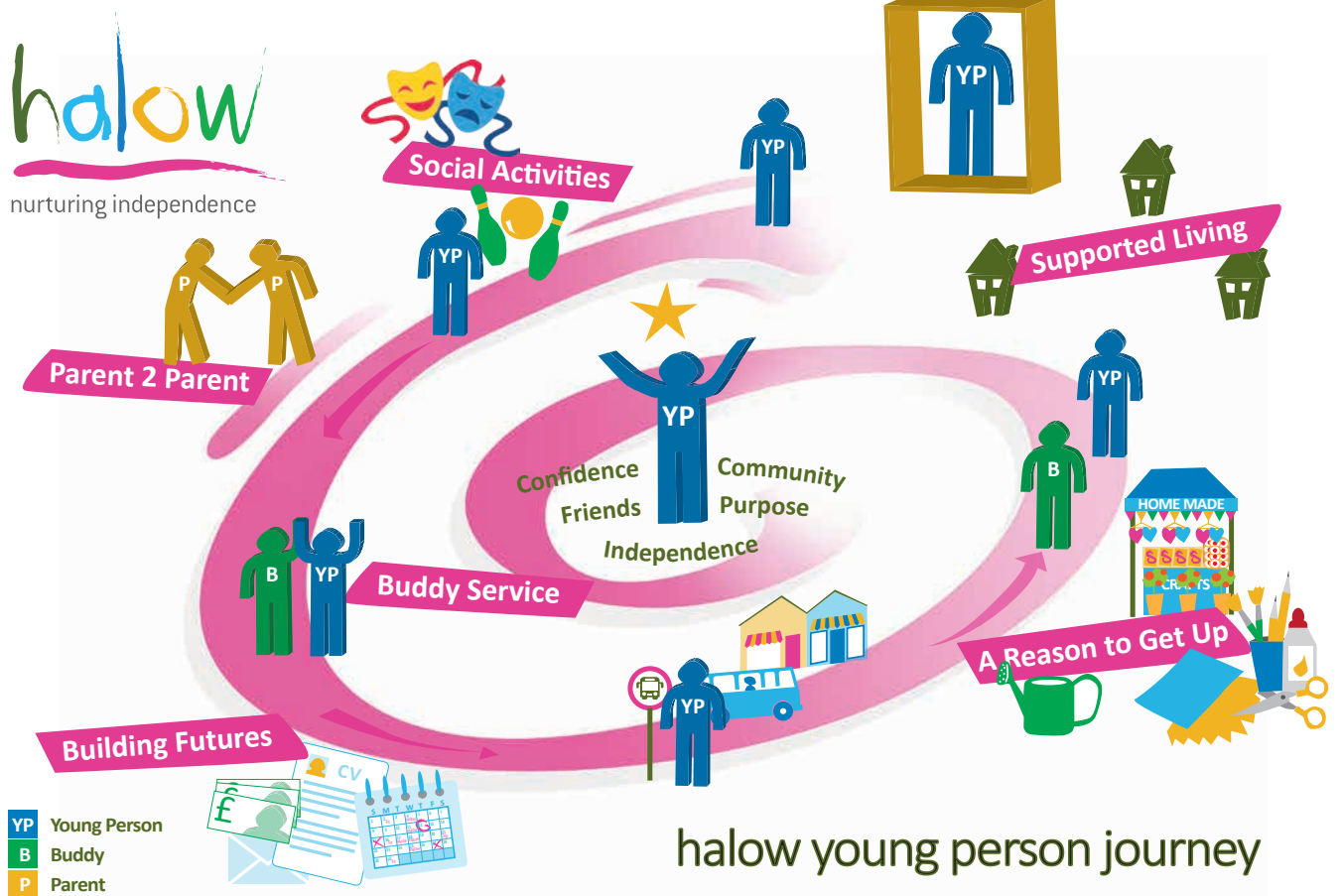
Before we started **halow**, one of the experts, who advised the founders, posed the question 'How would you have felt, as a 22 year old, to be told every day who you could go out with - when and where?'. He obviously hadn't met my mum! But the point he made hit home to the five sets of founding **halow** parents and has gone to the heart of our beliefs.

Best practice in supporting people with learning disabilities is about ensuring people have real choice, control and independence. Since the beginning, **halow** has aspired to be best in service – staying true to these values and ensuring a person centred approach across all our services.

New Head of Services Appointed

We are delighted to announce the appointment of James Davies as our new Head of Services. James has 15 years experience working with children and adults with a learning disability, most recently as Operations Director and Interim CEO of Generate Opportunities. Generate have a great reputation in providing services for people with learning disabilities in Wandsworth, where they have been operating for almost 40 years. As **halow's** Head of Services, James, will be responsible for the quality of and service development across all programmes and services for young people. "I am looking forward to working with everyone – young people, families, staff, trustees and volunteers – to continue to build and develop the great services **halow** already has."





A young person's journey through the various services offered by **halow** is designed to lead the individual towards an independent life. The diagram shows how a young person can enjoy and participate in the services of their choice moving towards the centre of the spiral.

Social Activities

halow offers a wide range of social activities to help young people make and meet friends, build confidence and have fun. Young people share ideas and feedback on activities at our monthly youth committee. All **halow** activities are fully supported by staff, volunteers and **halow** Buddies where necessary and appropriate.

Parent to Parent (P2P)

At **halow** we understand how overwhelming, demanding, frustrating, wonderful, rewarding and humbling it is to be the parent of a young person with a learning disability. For that reason we set up P2P: a help, support, advice and information service dedicated to the parents of **halow** young people.

Building Futures

Building Futures is a year-long community-based learning programme that works with young people across the academic year to change their lives through Person Centred Planning (PCP). The programme helps young people prepare for independence – building self-confidence, developing team work, leadership and life skills. During the course young people explore their talents and strengths, experience the community and draw up a PCP outlining their life goals which they can then take forward with support.

A Reason To Get Up (ARTGU)

ARTGU provides meaningful daytime activities that make the most of young people's interests and skills and offers a satisfying work-like experience. The key to this approach is creating innovative opportunities that allow young people to showcase the results of their work to local business or the public. Subsequently ARTGU can lead young people to feel more confident to explore volunteering and employment opportunities.

Buddy Service

halow care, is a social enterprise that forms part of the **halow** organisation. Our **halow** Buddy and Supported Living Services operate under **halow care** offering young people the opportunity to purchase 1:1 support from fully trained, paid support workers known as **halow** Buddies.

Through this support, **halow** Buddies promote life and social skills and assist young people to access the local and wider community in ways which best suit them. **halow** Buddies and young people are matched according to their hobbies, interests and other individual needs.

Supported Living

halow care works with young people, families and private landlords on developing opportunities for Supported Living. Young people with varying levels of support needs are able to live in their own homes with support from our house Buddies. All **halow care** services are registered, regulated and inspected by the Care Quality Commission.

For more information on **halow's** range of services and how they could work for you or your young person, please give us a call on 01483 447960 or visit: www.halowproject.org.uk

Keeping good company with business connections

Connecting our young people to local businesses and employers breaks down social barriers, helps raise awareness of the issues they face and provides opportunities for our young people. Over the last few months businesses have got involved in a number of different ways.

TSB choose halow as their local charity

Guildford and Woking TSB has recently chosen to support **halow** as part of their community engagement programme. During a work place visit **halow** young people met staff at a local branch and spoke to them about their lives and **halow**'s work.

Manager, Karen Bennett said: "We are so happy to support **halow** – meeting the young people in our Guildford branch was a pleasure and we plan to get really involved with the charity and their forthcoming events. I am also very keen to promote **halow**'s work to our customers and hope they get behind our fundraising."



Charitable Giving Changes Lives with Building Futures



Chelsea Building Society customers' small change has made a big difference to **halow** as we were recently given £2,000 through the affiliated Yorkshire Building Society Charitable Foundation to help fund outdoor learning through the camping trips for the Building Futures Group later this year.

halow was nominated by the Chelsea Building Society's Guildford branch. The Charitable Foundation is funded by the Small Change Big Difference® scheme where members donate the pence from the annual interest on their accounts to help small charities and good causes around the UK.

Building Futures works with young people intensively over one year to help build their confidence, find their voice, explore the choices available to them and create a Person Centred Plan for their independent adult lives. "Building Futures has changed my son's life" said one parent, "A truly transformative programme – I can't thank you enough."

Joanna Holt, of the Guildford branch, said: "I'm delighted that the Charitable Foundation has been able to support **halow** and the fantastic work they do. I hope our members will be proud that their small change has made a big difference to a charity that does so much for young people in our community."

A Reason To Get Up (ARTGU) gets creative with Harris + Hoole



ARTGU's Crafty Creations group meets weekly.

It is a chance for young people with a learning disability to get creative – making products from recyclable materials which in turn can be sold for a donation to raise funds for the project. Since early 2014 local coffee shop Harris + Hoole (H+H) have been supporting **halow** by providing opportunities for young people to showcase their skills to H+H customers and staff. Most recently young people from **halow**'s creative group worked in the store to design and create a Spring themed window display.

Natalia Maj, Harris + Hoole's Community Co-ordinator said: "It's a pleasure to see the **halow** young people come into the store. We enjoy having them in and customers absolutely love the windows they have designed and made – it makes the whole space feel spring like and is great fun."

Employee Volunteer Team kick starts new Garden Club



In April employees from EA Games spent a whole day volunteering with **halow**

on our allotment to get it ready for our new Garden Club daytime activity. The nine-strong EA team joined **halow** young people, their support and staff for a day of soil preparation, weeding, planting and the construction of new raised beds.

Michelle Rendall, EA's Outreach Coordinator said: "The team really enjoyed their day with **halow**. I would recommend other companies with an employee volunteering scheme get involved in helping out in this way – don't put it off! It's great fun and an excellent team building exercise. It's also incredibly satisfying when you can give something back to a local charity and the community and see firsthand the difference a bit of your time can make."

Aisha Ariakutti, **halow**'s ARTGU co-ordinator commented, "**halow** relies on its team of volunteers to support our work in the community and its activities with young people. The EA team was fantastic! Our young people enjoyed meeting the EA team and working alongside them on the plot – particularly when it came to planting the vegetables."

Thank you to all those companies and organisations that have supported our work with young people. If you would like to find out more about how we work with businesses check out our Corporate Opportunities page on our website.

Connecting with the community

All of our activities and programmes are delivered out and about in the community, using local facilities and services. Celebrating the abilities and talents of our young people is a great way to engage the general public with our young people and our work. Here are just a few examples from the last six months.

This is Me - My Voice, My Choice - halow art exhibition draws a crowd

December saw an exhibition of images of young people from **halow project** who took part in a photography and mixed media art project earlier in the year. The exhibition brought together a range of images showing how **halow** young people see themselves, feel about their images and would like others to see them.



The exhibition was made up of two halves.

Firstly, a photographic element that showed images of **halow** young people with a learning disability. The fascinating part of the show was the fact the young people all had the opportunity to alter their images and embellish them with colour and the addition of materials such as stickers, feathers or glitter to show themselves as they wanted to be seen.

The second part also had **halow** young people at the forefront of the project. As part of our Building Futures programme, young people co-created portraits depicting themselves as a superhero of their choice, highlighting their special skills and interests.



Families, local businesses, trust funders and the general public came to view the exhibition. Over 200 people came to see the This is Me – My Voice, My Choice exhibition at St Mary's and Holy Trinity churches in Guildford. One visitor wrote: "Wonderfully creative and inspirational." Another said: "I loved how the artwork created a sense of fun and showed the artists as individuals! Great stuff!"

halow co-founders Lynne Day and Georgie Hill with Cllr David Elms, Mayor of Guildford and Cllr David Munro, Chairman of Surrey County Council and Kyle Fanning one of our artists at the opening of the exhibition.

A Reason To Get Up goes to market

In December and April, A Reason To Get Up (ARTGU) set up shop at the market on Guildford High Street selling a variety of seasonal products which they created as part of the Crafty Creations project. Products included glamps, cards, candles and plants grown in the **halow** allotment. The markets give young people an event to plan for and work towards, as well as the opportunity to talk to customers and complete the work-like experience of ARTGU, from product concept to sales. The group also handed out leaflets on volunteering and our services to passers by raising awareness among the local community about the work we do.

In May a smaller range of the group's products was also showcased on our charity market stall at the Seaford College Prep School Summer Fair in West Sussex. "We had a great time", said Adam, "we sold lots of the things we had made and raised money for halow - it was great fun."



Love halow 2015 highlights value of social activities



Throughout February members of the public, schools and businesses got involved in our 'Love **halow**' campaign – helping to raise awareness for the young people with learning disabilities that we support and highlighting the importance of our Social Activities programme. Social Activities provide a great opportunity for people with learning disabilities to socialise, maintain friendship groups and improve their confidence in a fun, safe environment.

halow young people, families, staff and supporters were asked what



they love about **halow** and the work we do. Young people at our bowling, boccia, youth club and committee sent in photos, emails and tweets on "I love **halow** because..." Our ARTGU IT Crowd group created a Youtube presentation using them which you can view here <https://www.youtube.com/watch?v=euClhDOK8-o> Schools and businesses also supported the campaign through selling our **halow** heart shaped lapel pins.

Thank you to everyone who supporting the 'Love **halow**' campaign! To join the campaign next February, contact Hannah.a@halowproject.org.uk





Challenge yourself Share the adventure Make a difference



Mayor of Wandsworth, Councillor Stuart Thom and Damon Hill OBE with team at the start of the halow250 at the King's Head, Roehampton.

The **halow250** is a truly unique and special charity event. When two men set out to take a group of their friends on an adventure four years ago, they had no idea what it would become. George Willis and Mark Foxwell of GM Recruitment, Putney are the driving force of this event and as it has grown from 10 riders to 110 we have realised how incredibly lucky we are to have two people so dedicated to supporting our work. The **halow250** is a charity bike ride covering 250 miles on a journey from London to Guildford via Northern France. Championed by Patron Damon Hill OBE the ride has gone from strength to strength.

halow250 2015 - What a welcome home!

On Sunday 3rd May hundreds of people assembled at Guildford Rugby Club to welcome home our peleton of 110 riders. Young people, family and friends clapped and cheered the riders as they crossed the finish line after cycling an incredible 250 miles in just over 48 hours. **halow** young people and families welcomed the riders home and thanked them for their amazing efforts to raise funds for the charity. The peleton contained the usual mix of keen cyclists, parents and friends of our young people, company teams, and new **halow** supporters keen to get involved in our premier, annual fundraising event.

As the peleton finally rested, organisers George and Mark were able to present Martin Day, Chairman of **halow**, with a cheque for £76,526 the total raised by the end of the ride. With funds still coming in the ride is tipped to reach £100,000. A truly phenomenal effort by everyone involved. Thank you!



Martin, Mark and George



Torquil, Damon and Peter



Sponsors show their metal – GMR and Young's ride again

George Willis and Mark Foxwell of GM Recruitment cycled at the head of the peleton, with Torquil Sligo-Young and Peter Whitehead of Young's. All our **halow250** sponsors (see list of logos below) fielded company teams for the ride, the largest being a team of 30 from Young's made up of senior management, pub landlords and staff. Our thanks go to all our sponsors for ensuring that every penny raised on the ride goes directly to our work with young people!

Vital Support Team powered by new sponsor Mercedes-Benz Guildford

Supporting and assisting over one hundred riders is no mean feat and this year our skilled support team were assured a smooth ride with new sponsor Mercedes-Benz of Guildford providing the fleet of four official vehicles.

Mercedes-Benz of Guildford Dealer Principal, Paul Johnson commented: "We were delighted to be part of this amazing cycling challenge. The work **halow** does is very inspiring and we were really happy to support the event by providing our vehicles."



halow250 2015

Perfect Pies

Famous for its delicious food, Mayfair's The Guinea pub and restaurant developed a **halow250** inspired pie for its menu. This was a part of manager, Carl Smith's **halow250** 2015 fundraising efforts in support of halow.

The French inspired pie will be on the menu into the summer. Anyone ordering the Pork, Calvados, mustard and apple dish in the restaurant will be donating £1.00 to the halow project. <http://www.theguinea.co.uk/our-story>



Cunningham Family Ride Again

The Cunningham family have long-established links with **halow**. Now a halow Lead Buddy, Emma Cunningham was originally the first ever **halow** employee. In the early days, a group of Cunninghams cycled Guildford to Paris to raise some initial funds. 2015 saw an extended Cunningham family team join the halow250 with David, Bob and Tim in the saddle along with Bob's daughter Rosie, and nephews Henry and Freddie.

Introducing the 1000 Mile Club

This year saw the creation of The 1000 Mile Club - seven riders who, by cycling the **halow250** each year since it began have now cycled 1000 miles for **halow** and together have raised more than £15,000!

Huge thanks and congratulations to members of the 1000 Mile Club -

- ★ Peter Whitehead ★
- ★ Gavin Reay ★
- ★ John Whitmore ★
- ★ Derek Poole ★
- ★ Martin Day ★
- ★ Mark Foxwell ★
- ★ Andrew Burr ★

Nick Ivil Back in the Saddle

Having joined the **halow250** in 2014 for the last leg of the ride, Nick Ivil was determined to join the whole challenge this year and signed up with his support rider, Nigel Trumper, to ride the 250 miles on tandem.

Nick, who is very experienced in rides of this nature, has ridden in a number of challenges throughout the world raising funds for various charities. He relished his time in the saddle this year raising funds for **halow** with Nigel and found it a challenge but very rewarding.



HMS Warrior Hosts Riders

At the end of day one, a fabulous reception below decks in the ancient war vessel HMS Warrior brought everyone together over a refreshing glass of Orchard Pig cider – provided by supporter and **halow250** cyclist Andrew Quinlan.

Youngest duo ride for halow

18 year olds Henry Willis and Guy Dewsnap, friends and fellow pupils from Tiffin School, Kingston-upon-Thames were our youngest ever riders in the **halow250**. They successfully completed the ride and through their efforts and school friends raised over £1,000 for **halow**. A huge achievement!



We need you to get involved in this awe-inspiring cycle challenge! We want more families and supporters to join the **halow250** and experience this truly exhilarating weekend. For your chance to join next year's peleton or the support team check out www.halow250.org.uk or contact Hannah for more details at hannah.a@halowproject.org.uk



“Volunteering keeps me on my toes!” by Jane Ellis

I got involved with **halow** late last summer having taken early retirement at the end of April 2014. After working for 40 years with the NHS, I wanted to do something that was completely different to managing budgets, rotas and being responsible for 50+ members of staff.



I wanted to volunteer so I could manage to have some holidays and catch up with friends I hadn't seen for years and also keep active and give something back. I decided **halow's** social side appealed and being with young people was very different to work and would keep me on my toes - which they do.

I like **halow** staff's way of working, the young adults all like them which says something. All the young adults are very different in their needs, all are very welcoming and friendly and so appreciating about everything. All the events I attend are well organised and thoroughly enjoyable.

Become a halow Buddy #bestjobever

halow Buddies are paid support workers providing personalised support for young people with a learning disability.

We are looking for fun, caring and confident people to offer friendship and support in a professional way to the young people at **halow**. We have roles that are full time, part time and offer flexible working patterns around school, college or family.

Being a support worker to young people with a learning disability is exciting, dynamic and unique; no two days are ever the same. Experience as a sibling, parent or teaching assistant is useful but not essential as full training is given.

If you are looking for a new role, one where your personality and skills can make a massive impact everyday, talk to us about becoming a **halow** Buddy. You too could have the #bestjobever!

For more information please contact Sam Hart on samantha.h@halowproject.org.uk or 01483 447960.



Could you give your time to help our young people?

halow relies on its team of volunteers to support our activities with young people during the day, evenings and weekends. Volunteering to support young people with a learning disability is very rewarding and great fun! Supporting them to play sports, use computers, get crafty or volunteering themselves is a great way to get to know our young people and the difference that **halow's** activities can make.



Our volunteers enjoy the fun of our events and can gain valuable work experience whilst enjoying giving something back to the community, taking on new challenges and sharing their skills to help others.

You can volunteer for just a few hours a month or for a regular weekly slot with one of our teams. We will aim to match your time and skills to the best volunteering opportunities. Our young people enjoy meeting volunteers from all walks of life.

Then it's time to talk to halow about volunteering!

If you're an individual or company interested in volunteering with **halow**, please get in touch: volunteering@halowproject.org.uk or call us on: 01483 447960.

Supporters walk, run, cycle, dance and jump for halow!

We are always surprised and delighted by the number of different ways our supporters find to help **halow** by fundraising to support our work. Here we present a selection of recent fundraising efforts by our dedicated supporters. To everyone who walked, ran, cycled, danced and skydived for **halow** – **THANK YOU!**



Woking Bikeathon

More than 1000 riders joined forces for the Woking Bikeathon in May, to enjoy a morning cycling around Woking and Chobham and raise vital funds for five Surrey charities. It was a perfect day out for all the family, with a short and long route and also a children's route through Woking Park. Thank you to the Woking Rotary Club for selecting **halow** as one of the charities this year. It was a pleasure to meet everyone on the day and great to work with Woking Rotary. Thanks to everyone who took part!

Kicking up a Ceilidh

Guildford Chantries Rotary Club held a successful Burns Night Supper and Ceilidh in Guildford as part of their year of supporting **halow**. The 90 guests enjoyed an excellent traditional meal and were entertained by the poet in residence from the Guildford School of Acting. As well as the traditional Immortal Memory, Toasts to Lads and Lassies, there was live music from Ceilidh band, Kirk Sessions. A terrific evening was had by all!

Not just a walk in the park

A group of enthusiastic **halow** supporters met one Sunday morning in May to walk for **halow** as part of Guildford District Rotary Club's annual sponsored walk. Young people, parents, volunteers and a team from the TSB all walked the 10km route along the canal and through Shalford. **halow** was just one of the many local charities that benefit from this community event. Particular thanks to our families and young people who took part.

Deborah takes to the skies

The intrepid Deborah Armstrong jumped out of a plane over Maidstone, Kent for **halow** last summer, facing her fears and raising much needed funds. "What a fabulous experience – I am so glad I put myself through it for **halow** – fantastic view of the world and I learnt a lot about what I am capable of!"

Fashion show raises the bar

Popular Guildford bar, Bar des Arts recently hosted a fashion show in aid of **halow**. It was a sparkling event with guests enjoying the new spring/summer collection from retailer L.K. Bennett. Bar des Arts has supported **halow** for a number of years and guests and supporters raised £500 from the afternoon fashion show.

Credit: Anna Saverimuttu photography

Marathon efforts in London and Brighton

Big thanks to Chris Garratty, Mark Bridgers, Nicky Chibah, Jason Kirkup and Jesse Howard, who ran in various events to raise funds for **halow**. Nicky ran in the Surrey half and London marathons and Chris, Mark, Jason and Jesse all ran in the Brighton marathon.

Thinking about what you can do? From bake sales to BBQ's and treks to track days, let us know how you can help halow, support our work and make a difference to the young people we support. Contact fundraising@halowproject.org.uk for a fundraising pack, advice and support.

New Supported Living Houses Come on Stream

halow care is a social enterprise that forms part of the **halow** organisation. It works with young people, families and private landlords on developing opportunities for Supported Living. Young people with varying levels of support needs are able to live in their own homes with support from **halow's** house Buddies. All **halow care** services are registered, regulated and inspected by the Care Quality Commission. In addition, all **halow's** Buddies are DBS checked and are fully trained to support young people.

halow's process and procedures around recruitment, induction and training of **halow** Buddies are robust. Our efforts to match **halow** Buddies with the young person they will support are second to none. Sometimes this might mean a short wait for a **halow** Buddy but in this way we ensure the quality of care aims to be "best in service."

halow aspires to be best in class and since the launch of our first house in 2011, has intentionally taken its time to get things right. This attention to detail has laid the foundations for rolling out the **halow** Supported Living service further, and in the last year establishing three new homes.

The processes involved in setting up a Supported Living house should not be underestimated. There are many aspects that need to be considered and the process is a lengthy one usually taking up to a year from initial enquiry to a young person moving in. Any families or young people interested in looking into Supported Living options with **halow** should contact us as early as possible.



Gareth's halow story – His journey to independence

"How quick time flies...it was 2009 when I first joined halow – so much has happened since then."

Gareth was 18 when he went to his first social committee meeting. A bit unsure, it was the first time he had been to anything like that but he enjoyed the chance to meet people and have a voice to say what he wanted to get involved with socially. He duly signed up to take part in one of the most popular of **halow's** social activities - ten pin bowling and has not looked back.

He became a regular participant and even today sometimes goes along to one of the sessions in between pursuing his other interests of snooker and gaming. This was not the only event that appealed to Gareth and he soon signed up to other more adventurous activities – paintballing and laser quest.

"As I've got older, I know what I like and now prefer laser quest as it doesn't hurt so much!" Gareth said.

The social side of Gareth's **halow** journey is just one aspect - he now has a busy life that sees him getting involved with numerous activities in and outside of the charity. However it was in 2011 when one of the most significant changes to Gareth's life occurred – when he moved out of home and into **halow's** first Supported Living house.

"I was very excited about moving out of home and into a place of my own" he said. "I moved to a house in Guildford with some great people and made friends – particularly with Oliver.

"I stayed at the house for four years and learnt a lot about living independently. As I look back, things like housework, cooking and what I have to do day to day were really useful. The halow house buddies were great and really supported and helped us when we needed it.

"Living with support like this also meant that I could do my own thing and have my own space which is important. Four of us in the house at times was busy and noisy but good fun. I'm now a bit older and decided the time was right to move on and have more independence.

"In March this year I moved into a new flat with my friend Chris. We've known each other from school and halow, and are both very independent with our own interests and hobbies. We still have some support from halow buddies but don't need as much as I first had. I'm also a bit closer to my parents, which is great and means I can lead a more normal life in the way I want.



"I still go to ACL (Adult Community Learning) each week for my shop and cook session which I enjoy and find useful. But I am now starting to look for a job and make my own way in life.

"halow has been a big part of my life and has helped me a lot. I am now part of the peer mentoring programme which is great fun and really interesting. We meet each week and look at ways to help some of halow's newer young people or those needing more support. We try to help them with the problems they are facing through sharing our own experiences which I find very rewarding."

Question Time...

halow Patron and co-founder, Damon Hill OBE



Meet one of the parents and driving force behind halow. Spotlight asks co-founder and Patron Damon Hill OBE a few questions.

Q: Damon, how long have you been involved with halow? Since the very beginning as Georgie and I were co-founders – so 2006 - when it all began.

Q: Why did you originally get involved with the charity? It all came about through meeting other parents of young people with learning disabilities. We were all worried about the future for our children, so decided to look into what we could do. Together we set up **halow**.

Q: You work hard and travel a lot – what do you do to switch off and relax? I have taken up cycling to ensure I was fit enough for our annual **halow250** bike ride. I love that and golf and surfing. I stay away from motorsport. Too dangerous - they all want to beat me!

Q: Where's home for you?

Home is where the head is, said Bob Marley. I like that one. But otherwise it is Frensham.

Q: halow will be officially nine years old this year – where would you like to see it in another nine years? I think we still have a way to go to see what is possible. The idea of enabling people with learning disabilities is still young. We have achieved a lot but we are still learning ourselves. Who knows where it will lead?

Q: What do you think is the single biggest achievement for halow since its launch? The biggest achievement has to be to have a waiting list. It means **halow** has a good reputation and is doing it right. Hearing the young people respond so positively to the name **halow** let's you know it is loved. That's the best endorsement you can have.

Q: What do you think is the biggest barrier facing young people with a learning disability today? The biggest barrier is the limitations placed upon them by us. We want to protect what we see as the vulnerable, but if we are not careful we deny them their own destinies and opportunities. It's the biggest conundrum we face as concerned parents. Getting the balance right is an art and requires really getting to know the individual. One size does not fit all.

Q: What are you looking forward to? I am really looking forward to the Goodwood Festival of Speed in support of **halow** in June. It's going to be amazing – everyone connected to **halow** should try to come along and show your support.



THANK YOU

Thank you and good luck to halow Director, Yvonne Reynolds

Towards the end of last year, Yvonne Reynolds, **halow** Director, decided that the timing was right to leave **halow** and move on to an exciting new role as Head of Welfare at ben. Many of you will know Yvonne personally and over the last six years she has led **halow** to become a leading light in the sector, supporting over 170 young people across Surrey, through our six key services. Yvonne's drive and passion laid the foundation for **halow's** future and we are proud to have had her at the helm during such important formative years. So it is with huge thanks we say goodbye, good luck and we thank for her hard work for **halow**, our young people and families.



With so many of you supporting our work and getting involved in spreading the word it is impossible to list everyone we would like to thank in this publication. Last year, with your support, we achieved our fundraising target of £360,000 with support from individuals, families, community groups, companies and trusts and foundations.

This year you have already helped us to raise £200,000 of our £400,000 target.

Thank you all for giving your time, skills and money in supporting young people with a learning disability. Everything you do makes a difference - we could not do it without you!

DIARY OF EVENTS

Weds 24th June 2015 – Damon Hill Karting Challenge – Put yourself in the driving seat against Damon and a host of other serious karters at this exclusive annual event.

Fri 26th – Sun 28th June – 2015 Goodwood Festival of Speed
Come and join **halow** at our charity stand near the F1 Paddock at the Festival of Speed. As official event beneficiary **halow** will be there with a stall near the F1 paddock, a show car, a charity raffle, Damon Hill OBE, and much more!

Sat 26th September – Summer Skydive
Contact us now and get ready to reach for the skies, fundraise and have the thrill of a lifetime!

Sat 26th September – London Trekathon
Walk 26 miles through London in one day – seeing the sights and raising funds for **halow**.

Sat 24th October – Great South Run
Run the 5km course around Portsmouth & Southsea – Junior and Mini Fun Run also available.

Thurs 19th November – Christmas Light Switch On – Join the **halow** gang at Guildford High Street from 10am til 9pm.

Fri 4th December – A Christmas Concert with Seaford College Choir – A truly beautiful **halow** Christmas celebration at Holy Trinity Church, Guildford with this fabulous choral group.

31st January – 10th February 2016
Climb Mount Kilimanjaro – Extreme physical and fundraising challenge for extreme people only! Are you up to the challenge?

Contact Hannah on 01483 447960 or Hannah.a@halowproject.org.uk for details on how to join any of these events!

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the halow project



@halowproject

Registered charity no. 1116773

Patron: Damon Hill OBE

halow
nurturing independence



*"I have been coming to the Goodwood Festival of Speed for many years and know first-hand what a fantastic event it is for the world of motorsport and for the nominated charities they support. The opportunity **halow** has been given through its selection as this year's event beneficiary is significant and we are looking forward to working with everyone involved to make our role in it a success."*

Damon Hill OBE, Patron and co-founder of halow

Help us be 'Flat Out and Fearless' in our fundraising at Festival of Speed

Staged every summer since 1993, the **Goodwood Festival of Speed** is the world's largest automotive garden party; set against the spectacular backdrop of Goodwood House in West Sussex. The theme of this year's Festival is 'Flat Out and Fearless – Racing on the Edge' and celebrates drivers and riders who have thrilled the public with the most audacious and daring manoeuvres over the decades. Working with The Richard Burns Foundation each year a new event beneficiary charity benefits from the fundraising events around the Festival, the collection at the gates each day and have a presence with a charity stand near the F1 Paddock. At the charity stand we will have lots of information, activities and fun for motorsports fans and families.

- Visit the charity stand to meet **Damon Hill OBE** and see his World Champion winning trophy from Japan Grand Prix 1996. (Schedule to be announced)
- Visit our show cars – an **Aston Martin V8 Vantage GT4 race car** and a **Mercedes Benz AMG GT S**
- Take part in our charity raffles where you can get the chance to win a drive for yourself!
 - **Up to 10 laps around Silverstone in an Aston Martin V8 Vantage GT4 race car** (driven by professional driver) Donated by Desmond Smail and Richard Meins
 - **A driving experience in a Mercedes Benz AMG** Donated by Mercedes Benz Guildford
 - **A tour of the McLaren Technology Centre** Donated by McLaren Automotive
- Or for families win a **A Razor Crazy Cart** OR a **Razor Scooter**
- Hear about our **#DamonSaysDonate** campaign complete with limited edition wristbands for Festival for Speed 2015 – look out for them on sale around the Festival!

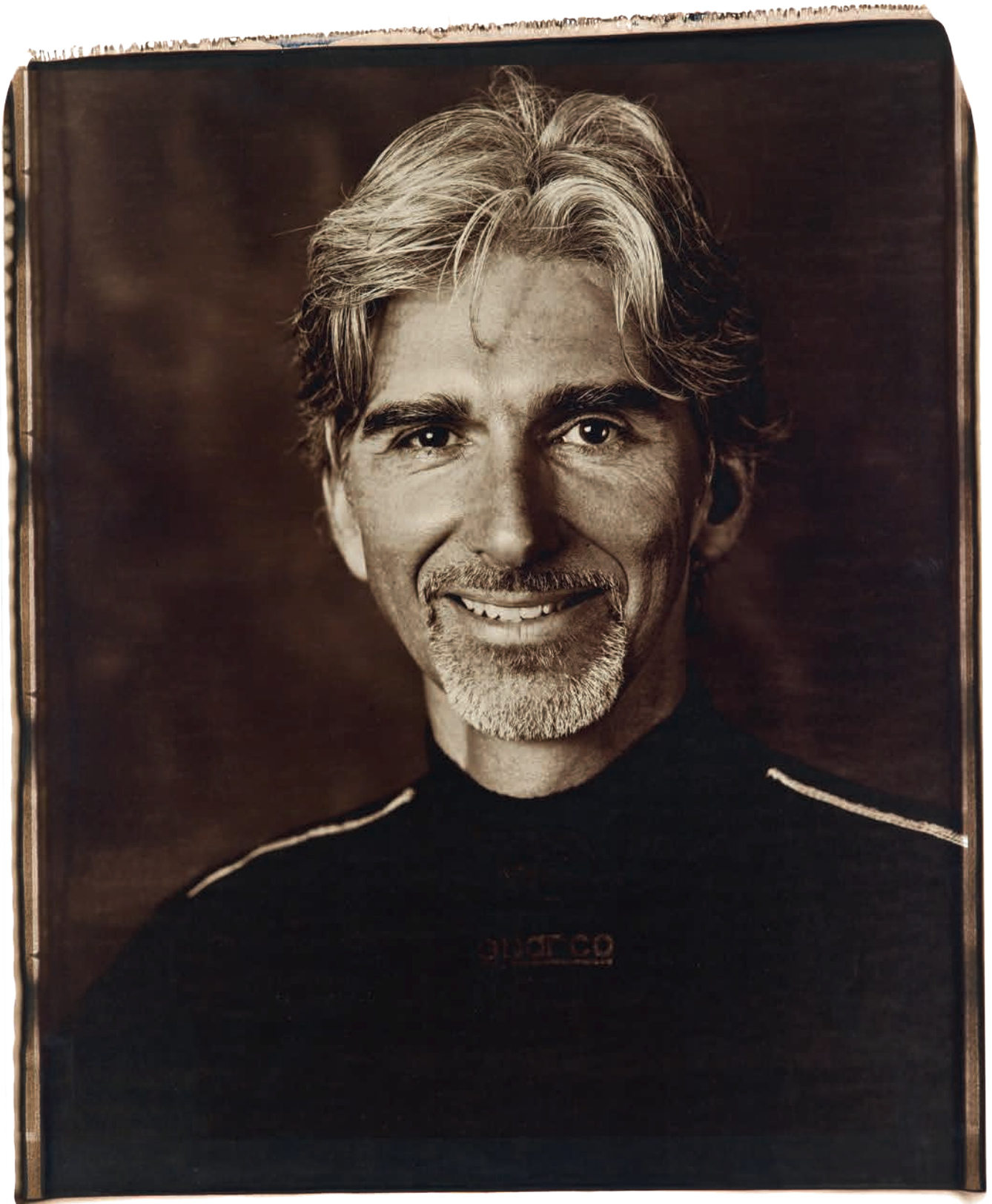
We hope Festival goers will give generously to achieve our £60,000 target and help put young people with a learning disability in the driving seat! Even those unable to attend can get involved by making a donation to our **halow** at Festival of Speed campaign page uk.virginmoneygiving.com/fund/halowatFOS

STOP PRESS – Damon is leading the way seeking ways to help reach the fundraising target having very generously donated his own personal copy of the incredible F1 OPUS Champions Limited Edition for auction at the Festival of Speed Bonham's Auction on the Friday of the Festival. (LOT 301)

Damon in front of Goodwood House, holding his personal copy of the limited edition F1 OPUS, which is being auctioned at The Festival of Speed by Bonhams Auctioneers with proceeds going to **halow**.



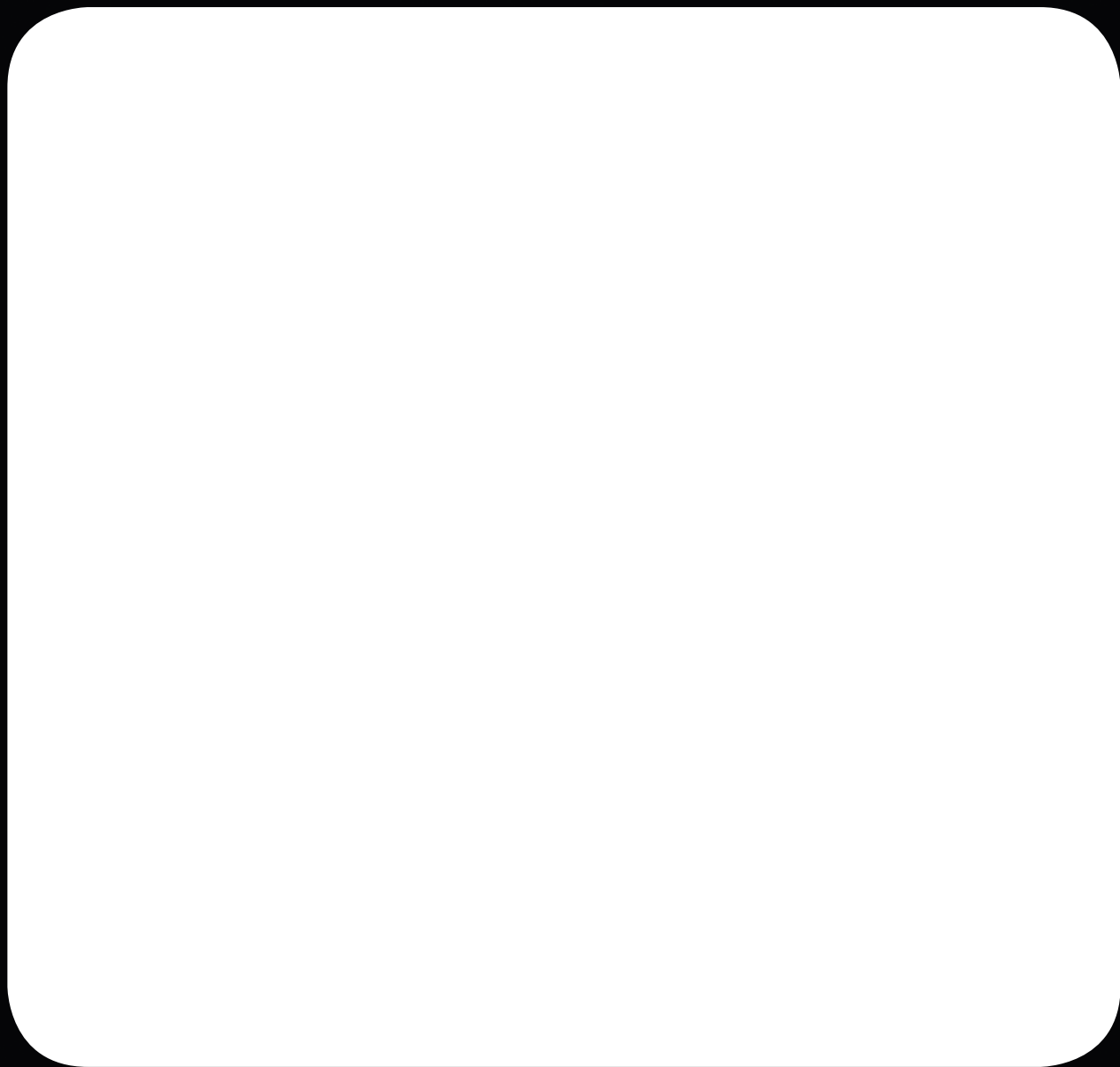
***“On behalf of everyone at halow –
thank you for your support!”***



Zenon Teixeira, OPUS

Handwritten signature of Damon Hill.

Damon Hill OBE



Thank you for supporting the halow project at the Festival of Speed. Use this page to collect autographs at the Festival from celebrities and drivers. Don't forget to wear your halow wristband with pride.

Join our #DamonSaysDonate campaign by donating your time, skills or money towards our work with young people with a learning disability. You can

- **Donate opportunities for our young people (e.g. day trips, special visits or work experience)**
- **Donate experiences or services for our charity auctions and raffles**
- **Donate your services, skills or time to the charity as a volunteer**
- **Donate funds towards our projects for young people**
- **Donate towards our campaign target at uk.virginmoneygiving.com/fund/halowatFOS**

Join our family of supporters! Contact us on 01483 447960 and info@halowproject.org.uk