



# Feeling warm and fuzzy



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Well, it's certainly a lot colder outside since our last Foundation Roundup back in August, but at Equilibrium we've had plenty to keep us feeling warm and fuzzy on the inside!

You may recall that in our last issue I was thrilled to report that we had smashed our 2020 £250,000 fundraising target and set an ambitious new target of £1,000,000 by August 2028. Well, we have since decided that just one million wasn't ambitious enough and have therefore quadrupled the target to £4,000,000!

I, alongside Managing Partner, Gaynor Rigby, and Founder, Colin Lawson, recently attended a business summit called 'Ripples of Hope' chaired by Kerry Kennedy (the daughter of Robert Kennedy). The focus of the event was how, as businesses, we

should be acting with integrity and working to create a more sustainable, human-focused version of capitalism. We are firmly aligned with these values and look forward to continuing to make a positive impact as we strive to achieve our new target.

I would like to thank the clients who attended our Christmas lunches back in December for their extremely generous donations to the Toy Appeal. Over £7,500 was raised, guaranteeing at least 300 children living in poverty will get a Christmas in 2020.

If you would like to learn more about any of the activities mentioned in this newsletter, please do get in touch at [charity@equilibrium.co.uk](mailto:charity@equilibrium.co.uk) and we would be delighted to hear from you.



## Grant-ing worthy wishes

Our community support scheme selects three charities every quarter to receive a grant of up to £500. This quarter's applications close on Sunday 22 March, so please do get in touch if you know of any organisations who could benefit from some extra money.

Below are the worthy winners of last quarter's submissions.



## Help Alex to soar

Help Alex to Soar is an organisation created by a local family living in Sale looking to fundraise £40,000 through Just4Children charity so that their son can have the intensive physiotherapy that he needs following a life-changing operation in March next year.

Alex has a diagnosis of Cerebral Palsy Spastic Diplegia and the operation on the nerves in his spine is called SDR (Selective Dorsal Rhizotomy). If Alex does not have this operation, he is likely to lose most of the mobility that he currently has, and he will experience premature ageing of his muscles and joints and will likely need more invasive painful orthopaedic surgeries at a young age.

## Cheshire autism practical support

Cheshire autism practical support (CHAPS) are a user-led charity that was founded in April 2010 by a group of parents of children with Autism Spectrum Condition (ASC). They provide a wide range of activities, events and support for people with ASC of any age (the youngest is 2 and the oldest is over 50) throughout Cheshire and Halton. The grant will be used to pay for arts and crafts materials, sports equipment and consumables at the kids' clubs.



## Cyril Flint

Cyril Flint is a small locally focused charity with only three members of staff. The charity was inspired by a gentleman called Cyril Flint who confided in his care worker that he was about to spend his 23rd Christmas alone since the passing of his wife and, as a result, their befriending service was born.

The organisation is aimed at tackling social isolation and loneliness amongst the elderly in Trafford and South Manchester by offering a free one-to-one befriending service to older people who may feel vulnerable due to being socially isolated or lonely.

The friendships formed generally last for years, for example they have a friendship currently that has been going for 6 years. The organisation has made over 320 matches to date.



## Helping hands

You might have noticed that, at Equilibrium, we love a goal! This year we have set ourselves a goal of 160 charity days to be taken by the team to volunteer for worthy organisations.

Every member of the team gets three paid volunteering days, so we would love to hear from you if you know of any causes that could benefit from a helping hand.



## Winter warmth

Our winter fuel campaign has had another successful year. As well as Friends of the Elderly and the Wishing Well Project receiving over £4,000 each, our clients' generous donations of their winter fuel allowances funded over 100 warmth packs at Age UK's winter warmth event.

Margaret Brade from Age UK, said, "Thanks to the generous support of Equilibrium we have been able to give out well over a hundred winter warmth packs. It is not only beneficial for individuals but also helps to reduce the pressure on health services.

We have had many appreciative comments, and so on behalf of all and especially the winter warmth pack recipients, a big thank you to Equilibrium and its clients."

Friends of the Elderly supports older people in the community. Those struggling can apply for these grants for a range of aid such as assistance towards heating bills, repairs to windows and roofing, damp proofing, heaters and much more. The Wishing Well Project is a health and wellbeing charity that works with vulnerable older people in Cheshire. This funding will allow them to deliver



sessions for these older people providing a safe space to meet other people and improve their health and wellbeing. Visit [www.fote.org.uk](http://www.fote.org.uk) and [www.wishingwellproject.com](http://www.wishingwellproject.com) to learn more.

Please do get in touch with us if you would like to join our mission to help those most vulnerable in winter by donating your winter fuel allowance.

## Conquering mountains

Next month, Equilibrium's Financial Planners Jason Lowe and Paul Farrugia will quite literally be conquering a mountain in their quest to raise money for charity.

The climb up Mount Toubkal, Morocco will take three days of hiking at high altitudes. At over 4km, it is the highest peak in the Atlas Mountains and oxygen levels are only 60% of that at sea level, meaning serious fitness levels are required for the trek.

Paul and Jason will be raising money for Reuben's Retreat and Headway. Reuben's Retreat provides a home from home for families bereaved of a child and for children with life limiting or threatening conditions. They aim to allow families to create valuable memories in the sanctuary provided. You can learn more about the valuable work that they do at their website: [www.reubensretreat.org](http://www.reubensretreat.org).

Headway aims to promote understanding of all aspects of brain injury and provide information, support and services

to survivors, their families and carers. Learn more about their mission at their website: [www.headway.org.uk](http://www.headway.org.uk).

If Jason and Paul have inspired you to contribute to these fantastic organisations, you can do so at their fundraising page: [www.uk.virginmoneygiving.com/Team/Mount-Toubkal-climb-march-2020](http://www.uk.virginmoneygiving.com/Team/Mount-Toubkal-climb-march-2020).

