



Community Heroes

A message from the Chair of Trustees

At the time of writing our annual newsletter the world faces many unique challenges. I reflect upon the importance of volunteers and those who work for the betterment of their local communities, many of whom will likely be supporting our emergency services and / or those who need support in our communities at this difficult time, and whose number will no doubt include many of George's friends and colleagues—we wish them all well.

Through the GBCT, George's legacy lives on and I know there will be many organisations we have supported who will also be undertaking invaluable work at this time too. The GBCT continues to be 'open for business' and welcomes new grant applications. The Trustees will endeavour to review any 'priority' applications quickly during this period.

On a happier note, looking back over the past 12 months we have many positive stories to share from the GBCT. We have continued to be busy awarding grants over the past 12 months, bringing the overall figure to over £120,000.

I hope that you enjoy reading some good news over the next few pages.

Maria Bairstow, Chair of Trustees



Opening of the Hovingham Community Defibrillator in April 2019 —article p. 3.



London Air Ambulance at base during MRT and GBCT visit—article p.3.

Empowering communities to make a difference

Emergency Aid

Skills

Volunteering

Supporting the provision of **emergency aid**, the GBCT has provided a grant of £5000 to the BASICS Essex Accident Rescue Service (BEARS) to fund ten new PPE (personal protective equipment) suits, similar to those in the photo (right— photo credit BEARS), which will be GBCT branded, for their volunteers.



BEARS is an emergency medical charity, that provides, equips and supports medics, enabling them to respond to critically ill or injured patients, in the pre-hospital environment and provides support, additional specialist assessment and treatment, beyond that of the ambulance service, throughout the county of Essex. BEARS members are all volunteers, they include Anaesthetists, General Practitioners, Consultants in Emergency medicine and Critical/Immediate Care Paramedics.

Continuing to support the **enhancement of skills** among young people, the GBCT has given a further grant to Criminon. The £2000 grant will enable another 20 young offenders to benefit from the invaluable distance learning courses they offer. One previous GBCT supported participant wrote: I have benefitted from the "Learning How to Learn" course by feeling more confident about future courses or learning I may do.....Earlier this month I began an Open University Access Module in Maths, Science, and Technology because I wish to start a degree...'

London Wildlife's Trust *Keeping it Wild* programme will also be a repeat GBCT beneficiary. Supporting the **enhancement of skills among young and volunteering**, Trustees have been impressed by the positive impact of the GBCT's original grant and have given a further grant of £2500. The programme enables cohorts of up to 10 young people to complete a skills development programme structured over 8 weeks, through which they undertake practical outdoor conservation, work towards a John Muir Award, and complete accredited media training. GBCT's grant funds the Wild Media Skills Accreditation Level 1 for 45 students, enabling them to learn new skills, such as photography, film making, editing and stop motion animation to enable participants to produce media content that will help promote local wildlife reserves and to share stories about discovering, exploring and conserving their local green spaces.

The Trustees were also pleased to hear of the success of Cambridge House's RISE Programme, which the GBCT first supported in 2017. Our grant funded 16 specialist workshops and a further grant has now been awarded for a new cohort to benefit from workshops in emergency aid, cooking and home economics. These workshops **enhance core skills**, and support the participants in developing self-reliance that enables them to pursue fulfilled and rewarding lives.

Sudden Productions *Fearful* project received a GBCT grant, which supports the **enhancement of skills among young people and volunteering**. GBCT's £1000 grant supports the training of 12 disadvantaged young people in theatre and education work. The group of young people supported are aspiring to work in the theatre or film industry, and this project offers them valuable work experience whilst also delivering important educational messages to warn young people of the dangers of carrying a knife. George was regularly involved in theatre productions, providing the technical support, so the GBCT is pleased to have supported this project. The project toured 10 schools in socially and economically deprived areas in Birmingham reaching over 350 young people under 18. Initially a 12 month project, it will now continue into 2020/2021 due to high demand.

Bristol's Carers Support Centre has been awarded a GBCT grant of over £1200 to support **the enhancement of cookery skills** for young carers through the delivery of cookery skills workshops. George was a keen cook so we're delighted to support this initiative. Participants will learn and practice new skills in a safe, supportive and encouraging environment. The focus will be to empower the young people to put new skills into practice e.g. cooking healthy food, within their own home, to fit alongside their caring role.

Revitalise, which the GBCT first supported in 2017, provides inspirational **volunteering opportunities for young people**, which enable it to run revitalising holidays for disabled people and their carers. A new GBCT grant of over £1500 will cover the costs of 5 volunteers, who will volunteer for a week each. The major costs covered include induction, training, accommodation and catering.

Updates from previous Grant Recipients

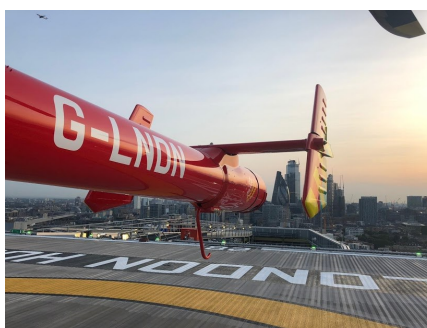
The GBCT supported public access defibrillator in Hovingham in North Yorkshire was officially opened in April 2019 by local resident Sir William Worsley, Lord Lieutenant of North Yorkshire (photo front page, top).



CLGB training with their new GBCT supported training defibrillator (photo credit CLGB)

The Church Lads and Girls Brigade (CLGB) have been making good use of their GBCT supported training defibrillator. Pictured here are members enhancing their emergency aid skills at the CLGB's St Crispins Braunstone in 2019.

Members of the St John Ambulance Medical Response Team, which George volunteered with, and GBCT Trustees were invited to visit the London Air Ambulance's (LAA) base to see the new GBCT supported training equipment and have a tour of the base—our thanks to LAA for hosting.



London skyline and the LAA air ambulance from their base during the MRT visit

We were pleased to hear from Snow Camp that they had successfully piloted their new mental health programme, with GBCT's support. The pilot has been so successful that Snow Camp plan to launch it nationally in 2020—we wish them every success.



About the Trust

The GBCT was set up in March 2014 in memory of George Bairstow and exists so that the difference George made to people's lives can continue.

George was committed to charitable work and lived his life to help others. He died in November 2013 in a car accident, returning home from a volunteer duty with St John Ambulance on Bonfire Night.

The GBCT's goal is to empower communities to make a difference by providing grants in support of:

- The provision of emergency aid
- Volunteering among young people
- The enhancement of skills among young people

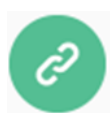
Supporting the Trust with a Smile

There is now a new way in which you can support GBCT, which has the added benefit of costing you nothing! GBCT is now registered with Amazon Smile, if you shop at Amazon then visit www.smile.amazon.co.uk before you shop and select GBCT as your nominated charity—the GBCT will then receive 0.5% of the net purchase price from Amazon.

We also launched a new online donation portal via not for profit wonderful.org in 2019, replacing BT MyDonate that closed. Sadly Wonderful, has just announced it is also closing so we'll be seeking an alternative. If you have donations you'd like to make in the meantime please contact us via info@gbct.org.uk and we can suggest alternatives routes.

Thank you to all our donors for their continued support.

Keeping in contact with GBCT



Visit our website at www.gbct.org.uk or email us at info@gbct.org.uk



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