

Established in 2016, the **Ian Williams Foundation** is an employee led team that manages the funding we provide for community investment, charitable donations and supports voluntary work nationally. The monetary equivalent of the foundation's work exceeds £50,000. In the short time that the Foundation has been operational, over £12,000 in donations has been awarded to worthwhile causes.

We have been busy across the country fundraising! **Most recently...**

### Longfield Celebrates its 30th Birthday

Ian Williams has been a long-standing supporter of Longfield Hospice over many years. In the past this has included the refurbishment of their charity shops, helping with fun runs and more recently the collection of over 1,500 Christmas trees for recycling and chipping.

As Patron of Longfield, HRH Prince Charles met with Ian Williams' Executive Director Mike Turner to learn more about the help we have given and the work of our Foundation. As a passionate supporter of career opportunities for younger people he was also keen to learn about our apprenticeship programme and remarked that our work was so important and very much aligned with the efforts of The Prince's Trust.



### Climbing to the Roof of Africa

Kayleigh Carter succeeded in climbing to the summit of Kilimanjaro, taking 8 days to reach the top of Uhuru Peak during which she experienced altitude sickness, long trekking days and sleeping in a tent with extreme temperatures ranging from 30°C. to as low as -20°C. The Foundation awarded £250 to the Stroke Association, Kayleigh's chosen charity.



### Sam Christophers - Relay for Life

In July, Sam took part in the Yate Relay for Life event in aid of Cancer Research. The "Cabbage Patch Girls" team of 6 completed the 24-hour relay event, taking it in turns to lap the track at Yate Outdoor Sports Centre. The event in total raised £54,950 for Cancer Research and with the Ian Williams Foundation contribution of £250, the Cabbage Patch Girls raised a fantastic £2,546.31.



### London To Cardiff

Birmingham Response Contracts Manager, Dave Jones joined a 12 person relay to take part in the Wolf Pack Run; a non-stop run over 24 hours from London to Cardiff in June. Dave, personally ran over 15 miles in 3 stages of the event over the weekend. The run raised funds for 3 charities in memory of a friend's baby, Jasper, and the Foundation donated £250 to the Edwards Trust.

...and we can't forget the £5,000 raised to celebrate the opening of the Plymouth office (as featured on page 1).

### Running Down Dementia

Work colleagues, Nicci and Jayne from our Bristol office, both took on the challenge to run 100km between June and October as part of the Alzheimer's Society, *Running Down Dementia* campaign. The Foundation donated £250 to the Alzheimer's Society.



### Cardiff Bay Olympic Triathlon

Academy Officer, Jo Down completed her first Olympic distance triathlon in Cardiff in June by swimming 1 mile in Cardiff Bay, cycling 25 miles and finishing with a 10km run. The Foundation donated £250 to Jo's chosen charity, the National Rheumatoid Arthritis Society.



### Cardiff Half Marathon

Cardiff Surveyor, Matthew Evans completed the Cardiff Half Marathon in October. Matthew ran the marathon in aid of Teenage Cancer Trust, who helped his wife's cousin with her treatment of 'Ewing's sarcoma' which is a type of bone disease. The Foundation awarded £150 towards Matthew's total £680 raised.

