

Run the Royal Parks Half Marathon for Meeting Needs

Date: 10 October 2021 (Sunday)

Location: Start St James' Park, End Hyde Park

Fundraising Goal: £250 per runner

Race fee: £50 per runner

Join our team running the iconic Royal Parks Half Marathon raising money for Meeting Needs. You'll have access to training support, fundraising tips, our incredible running community on Strava and WhatsApp, and our space in the charity marquee. Whether you're an experienced runner or looking for a challenge, our team will be supporting you from start to finish.

Your fundraising will make a significant impact on local communities. We've introduced a few of our recent beneficiaries in this document.

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About Meeting Needs

Meeting Needs is a registered charity founded by leading figures in the UK conference and events industry in 2004. The objective of Meeting Needs is to raise funds for worthy causes relevant to or sponsored by members of the events industry.

Meeting Needs is managed by a volunteer board of trustees, meaning more than 90% of fundraising goes directly to support worthwhile causes in the UK and around the world. Thanks to the ongoing support of the meetings industry, since its foundation Meeting Needs has distributed more than £1 million to support diverse projects that make a significant impact on improving the lives of people in local communities. Just a few examples of some specific projects can be found in the following pages.

For more details, visit: www.meetingneeds.org.uk



Legs4Africa

GETTING SUB-SAHARAN AFRICA BACK ON ITS FEET

WHAT DO THEY DO

Legs4Africa is the charity that is getting people walking again in sub-Saharan Africa. Through re-purposing prosthetic legs that would otherwise end up in landfills, and facilitating amputee-led community groups we are giving thousands of people a year the ultimate leg up. Meeting Needs supported Legs4Africa in 2021, helping Grace (14) in Ghana to get access to a prosthetic leg.



“

I am happiest when I am reading, researching and spending time with my friends. I have plans to study hard so I can travel abroad and become a great computer scientist.

Having a prosthetic leg has given me the freedom to have these dreams knowing that now I can make my own decisions for my future without having to rely on other people

”

Key Facts

In 2021, Meeting Needs provided a £5000 grant to the Legs4Africa "Get legs to Africa" initiative. This project is an innovative one-year project that will give 2000 amputees in Africa the chance to walk again through the power of recycling, while reducing loneliness and isolation in the elderly.

Legs4Africa collects unwanted prosthetic limbs from hospitals across the UK, Canada, Australia and France and sends them to mobility centres throughout sub-Saharan Africa in volunteer travellers' luggage. Support for building or repairing legs is also supplied.

Since December 2020, Legs4Africa has delivered 1,081 legs plus 75 children's legs to partner hospitals in 11 countries. Legs4Africa also partners with Men's Sheds, a UK charity combating loneliness by providing spaces for men to connect, converse and use their skills to dismantle legs for transport.



meetingneeds

THE EVENTS INDUSTRY CHARITY

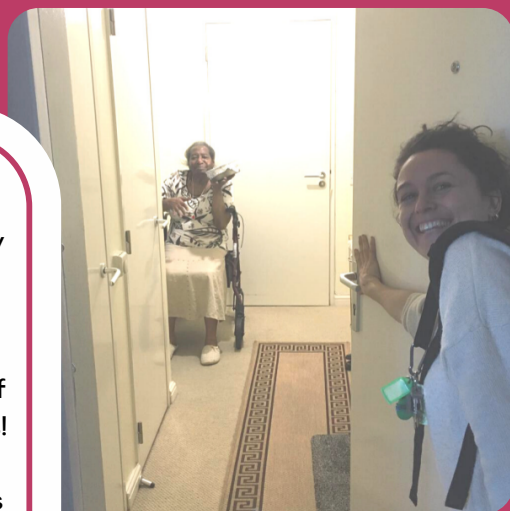
London Cares

#NoOneLeftBehind

WHAT DO THEY DO

London Cares is a community network of young professionals and older neighbours hanging out and helping one another in our rapidly changing city. The objectives of The Cares Family include:

- Reduce isolation and loneliness** amongst older people and young professionals alike.
- Improve the connection, confidence, skills, resilience, and power** of all participants so neighbours can feel part of our changing city rather than left behind by it.
- Bring people together** to reduce gaps across social, generational, digital, cultural and attitudinal divides.



“

Between carrot cake deliveries and takeaway fish and chips, we've been having catch-ups on the phone, which were special moments of sharing delicious recipes! Deslyn's cheerful spirit has been really precious to me throughout this tough period.

”

Key Facts

- Meeting Needs provided a grant to London Cares, supporting their activities bringing people together during lockdown. From Mar 20-Mar 21:
- 304** older & younger friends shared **268** social clubs online and by phone
 - 1,245** practical interventions were carried out by volunteers, including delivering food and medical supplies.
 - 139** sessions of one-to-one tech support, helping **109** older neighbours get online on Zoom and email.

The pandemic has had a huge impact on people's mental and physical health. Since March 2020, young people have become almost three times more likely to have experienced loneliness, with **44%** admitting feeling this way and **28%** feeling lonely 'most or all of the time'

Over the next six months, London Cares will safely restart in-person clubs in parks, open spaces and eventually churches, cafes, theatres, gallerins and community centres, while still offering virtual support.

Clowns Without Borders

Every child has the right to laugh and play

WHAT DO THEY DO

Global conflict affects 1.5 billion people. It has forced 32 million children to flee their homes. Alongside this, natural disasters affect over 200 million people each year.

In disasters, the challenges of day-to-day life can be overwhelming. Making sure children have the freedom to play and relax is more important than ever. It helps them make sense of the world and provides comfort and respite when it is needed the most.

That is why we share our playful performances in refugee camps and crisis zones around the world.



“
“I thought it would be a very long time before I laughed again, but I have, and now I feel like I’m back.”
”

Key Facts

Meeting Needs provided a grant to Clowns without Borders in 2018, supporting performances and workshops for children living in refugee camps in Greece. A team of **3 clowns** gave **11 performances** and **11 workshops** for **659 children** living in the refugee camps over **9 days**.

Clowns without Borders approach emphasises sustainability & capacity building, girl's rights, water, sanitation & hygiene, and the emotional wellbeing of children in disaster.

The Clowns without Borders ethos is:
We believe every child has the right to laugh and play.

Each year, we bring joy and laughter to children living in the most challenging places on earth.

Buses4Homeless

Empowering homeless people through a life changing programme

WHAT DO THEY DO

Buses4Homeless is a low cost holistic solution to homelessness. The charity refurbishes decommissioned buses into spaces for Eating, Sleeping, Wellbeing and Learning in order to re-engage homeless people back into the community. Buses4Homeless provides a 3 month intensive programme to:

- help **identify and overcome the issues** that lead people to being homeless
- Teach homeless people **soft and vocational skills**
- Engage them into **apprenticeships/further training**
- Help secure **employment/create small businesses**
- Re-engage them back into the community** through housing, support and long-term mentorship.



“ Thank you B4H! You've helped me turn my life around! ”

Key Facts

About the buses:

- The Bus 4 Shelter provides 8 sleep pods to ensure a safe, warm night's rest for guests.
- The Bus 4 Dining teaches guests to cook and prepre healthy and nutritional meals for themselves and others.
- The Bus 4 Learning teaches soft and vocational skills in order to up-skill our guests for the future.
- The Bus 4 Wellness provides holistic support and healing for vulnerable guests.

Supported by Meeting Needs, Buses4Homeless provided **2,645** nights shelter, **9,400** hours of support, and **10,580** meals in 2020.

The buses are decommissioned double-decker buses that have been upcycled to provide high-quality shelters.