



## Our Chosen Charity for January 2022

Each month, we'll be making a £1,000 donation to a charity nominated by one of the YFM team.

Paul Cannings, Partner, discusses his support for Guildford charity halow

### Q What is halow?

**halow** is a community charity based in my home town of Guildford, Surrey. Set up in 2006 by five families concerned about the prospects for their children as they left the care of the education system. **halow** supports young people, aged 16 plus, who have a learning disability. The aim is to give the young people richer lives by helping them to build relationships, learn life skills, live in their own home and find meaningful work.

### Q How have you been involved and why have you chosen to support the charity?

My wife, who worked in schools supporting pupils with learning difficulties, started volunteering with **halow** and, after realising how little support there was for young adults in this situation, I wanted to help too.

**halow** provides a range of courses aimed at helping young people to prepare for work, or just improving their social and life skills. I volunteer at one of these called 'Cook and Grow' – a local care home has lent its garden to the charity for the young people to grow vegetables which are then used to teach them cooking skills. It's great fun and really rewarding to see the young people develop and enjoy these new activities.

A few years ago, I was also one of around 100 supporters who took part in a three-day 250 mile charity cycle ride from London- St Malo- Caen-London to raise money for **halow**. The charity has just announced next year's event and I may well take part...

### Q What will YFM's donation be used for?

It's a wonderful organisation and the more money they can raise, the more young people they can support.

Part of YFM's donation is going to be used to buy some much needed gardening tools and kitchen equipment for the Cook and Grow activities. And part will be used to fund a social trip to the theatre or cinema for some of the young people.

**"halow** relies on its team of volunteers who build relationships with the young people we support, to engage them in a wide range of activities. We also rely on donations and we are delighted to receive YFM's contribution which will be directly used for the activities we provide for our young adults"

Graham O'Connor, Director of **halow** project services.



Some of the young people halow supports – at the cook and grow allotment

### **More about halow**

The **halow project** is dedicated to creating opportunities and supporting young people 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 by providing access to social activities, community based learning and work like experiences.

The young people **halow** work with want the opportunity to: • Build relationships • Become part of the community • Find meaningful employment • Have a home of their own

<https://www.halowproject.org.uk/>

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