

Inspire



The Jack Petchey Foundation

www.jackpetcheyfoundation.org.uk

Jack Petchey Foundation Newsletter - Issue 11 | 2011



A WORD FROM JACK PETCHEY OBE, CBE

"I was completely surprised and greatly honoured to accept the award of Commander of the Order of the British Empire (CBE) in the 2011 Queen's Birthday Honours announcements.

In many ways I feel I am accepting this honour on behalf of all the young people who are involved in the Jack Petchey Foundation. It gives me great joy to hear your stories, to see how you have developed your confidence through our programmes and to know that you are making a difference in your communities.

When I look back at my humble beginnings, I could never have believed that one day I would be a successful businessman, a philanthropist and recognised by my country for services to charity! It all started with a refusal to be knocked back and a sense of self belief. I didn't start with the big dream, I just wanted to make my taxi business work, but as I took each step on the way I redefined my goals and pressed on, and the goals became bigger and bigger. I just refused to give up! It is all wrapped up in my motto "if you think you can, you can!"

That is the one secret of life I want youngsters setting out in life to know: "If you think you can, you (really) can!"

The vast majority of young people want to contribute to society and want to make a difference to their community. I want them to feel rewarded and affirmed and I know that as a result they will grow and go on to achieve more with their lives.

This newsletter comes full of "Good News" about young people. I hope you enjoy the read!"

Jack Petchey OBE, CBE

LISTEN UP! 2011

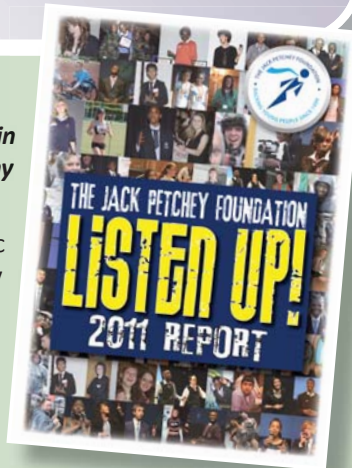
'I don't mind giving my time for free to get the experience in return. When I get a job, I want to be able to pay back my family for all they have done for me.' – Patrick, 15 yrs

Young people are facing the most challenging economic situation in the UK for 30 years. This spring, the Jack Petchey Foundation launched a survey asking young people about their ambitions for the future. **Over 5,300 young people** responded, and in taking the time to fill out the report showed that they have a voice and they want to be heard.

Our report is a platform for their opinions on topics ranging from youth unemployment, internships and apprenticeships to volunteering and university tuition fees. Patrick's outlook on work experience (above) was one of many comments which showed that young people accept the tough situation before them but are willing and enthusiastic to go the extra mile and ensure they have a successful future.

At a time when **one in ten of 16-24 year olds are registered unemployed**, the Jack Petchey Foundation is calling on all key decision makers - whether politicians, policy makers or businesses - to join us in finding a solution to this desperate situation. We will be holding a summit in December 2011. Keep your eyes posted for more details!

Read the Listen Up 2011 report in full at www.jackpetcheyfoundation.org.uk



Saving lives

Joining forces with Anthony Nolan p. 3



Panathlon Challenge

From strength to strength! p. 4



Mrs Adams on patrol

Lollipop lady wins leader award p. 6



A Rose

by any other name... p. 8

KEEP IN TOUCH

Join over 3,000 fans! Become a fan of "Jack Petchey Foundation" on

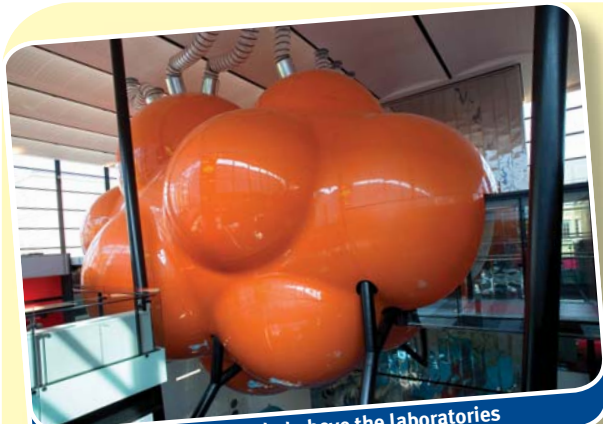


Watch "Petchey Foundation" on



Follow "@JPFoundation" on





The orange Pod suspended above the laboratories

ENTER THE POD... AT CENTRE OF THE CELL

Centre of the Cell is an inspiring, award-winning science centre in east London attached to Queen Mary, University London.

The Centre of the Cell's bright orange *Pod* is dramatically suspended above futuristic biomedical research laboratories. Inside, its innovative approach to science education uses interactive digital games where visitors carry out scientific tasks. Participants grow virtual cells to enable experiments in HIV research; learn about stem cells for research into burns treatments; explore real body parts and diagnose cancerous tissues using microscopes. This combination of digital technologies and real-world science creates a science education experience not available in the classroom or anywhere else in the world.

The Jack Petchey Foundation helped to create Centre of the Cell through a capital donation and is currently co-funding Centre of the Cell's exciting Saturday programme that includes live shows and hands-on workshops.

Centre of the Cell has several aims; to raise career aspirations and improve educational achievement, to improve access to further and higher education, and to contribute to the regeneration of east London. But above all else, the Centre of the Cell aims to inspire the next generation of scientists and healthcare professionals – to make us all marvel at the wonders of the human body.

"Enter the pod... and prepare to be amazed!"

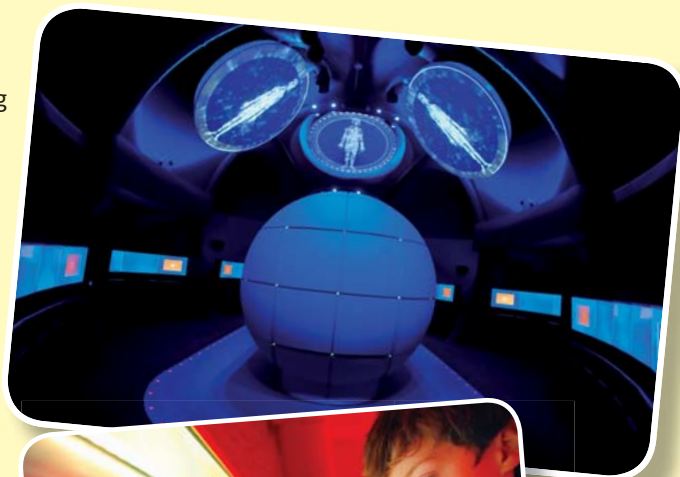
Plan your visit

Admission: Admission is **free of charge** for all visitors. Advance booking is essential.

Opening: Monday - Saturday. Additional live shows and activities on Saturdays and during school holidays. During term-time, a schools programme operates sessions for groups (e.g. school, home school and youth groups). Curriculum-linked content aimed at Key Stages 2, 3 & 4 is available.

Accessibility: Centre of the Cell is fully accessible to wheelchair-users.

Book your visit and find out more online at www.centreofthecell.org or telephone 020 7882 2562.



STOP PRESS! GLEE CLUB CHALLENGE

The Jack Petchey Glee Club Challenge is heating up! The entries have flooded in, the competition has been fierce, but in the end the judges could only select 30 groups to go through to the boot camp stage and compete in one of the three regional finals below:

- ★ South London, Broadway Theatre, Catford, 25th September
(Box Office: 020 8690 0002)
- ★ North London, Beck Theatre, Hayes, 2nd October
(Box Office: 020 8561 8371)
- ★ Essex, Palace Theatre, Westcliff-on-Sea, 9th October
(Box Office: 01702 351 135)

Follow us on Twitter and Facebook to see which ten groups will impress the judges and perform their way into the Grand Final on Sunday 20th November at The Savoy Theatre.

Find out more at www.gleclubchallenge.co.uk





CALLING ALL TABLE TENNIS FANS FOR 2011/12!

The Jack Petchey London Schools' Programme is a project organised and promoted by the English Table Tennis Association (ETTA) and supported through the Jack Petchey Foundation.

There are two elements to the programme:

- **Competition opportunities** via the London Schools' Table Tennis Championships with progression to the NEW schools final
- **Participation opportunities** for young people after school on their school site via the Jack Petchey Table Donation Scheme



Schools are openly invited to register for the 2011/12 London Schools Championships.

To register or find out more visit www.etta.tv/change4life/ or contact Harry Peacock at hpeacock@etta.co.uk or on 01424 456 224.

JACK PETCHEY FOUNDATION ANNOUNCES MAJOR DONATION TO ANTHONY NOLAN

On average, 65 people a day in the UK are diagnosed with cancer of the blood and there are nearly 1,600 people in the UK in need of a bone marrow transplant. This is usually their last chance of survival.

The Jack Petchey Foundation is taking action by joining forces with Anthony Nolan to raise awareness of blood cancer and recruit more young donors to the stem cell register. The Foundation will give £619,000 to Anthony Nolan, the charity that saves the lives of people with blood cancer who need a blood stem cell, or bone marrow, transplant. This major grant marks the beginning of a crucial campaign that will enable Anthony Nolan to add 11,000 people to the stem cell register, any one of whom could be a potentially lifesaving match.

Speaking of the Foundation's decision, Trudy Kilcullen, Chief Operating Officer, says: "We want young people to play a full part in society, and signing up to donate their blood stem cells is one of the greatest things they can do, as they could help save somebody's life. We also know that there is a shortage of young donors, especially young men and those from different ethnic backgrounds, so we hope that this donation will harness the energy of our young people and enable the charity to save even more lives."

Achievement Award winner Devaanshi Mehta knows only too well what a matching donor can mean. Aged 13, Devaanshi suffers from aplastic anaemia and is dependent on having a life-saving transfusion of tiny blood-clotting cells called platelets every eight days.

Devaanshi's mother, Kalyani, explains: "Devaanshi was lucky that her younger brother is a match for her and has donated his bone marrow twice now. But there are thousands of other people who aren't so lucky – there simply aren't enough bone marrow donors, particularly in the Asian community."

Nower Hill High School describes Devaanshi as "an inspiration to others" and recently granted her a Jack Petchey Achievement Award for her tireless campaigning and fundraising for Great Ormond Street Hospital's bone marrow transplant unit.

There are currently over 425,000 people on the Anthony Nolan register, but the charity can only find a match for half the people who come to them in need of a transplant. This new campaign aims to grow the register to one million potential donors so the charity can help save the lives of people like India Farmer who was diagnosed with leukaemia at just three years of age.

India's tests showed she had an extremely rare tissue type and needed a bone marrow transplant to survive. With the help of Anthony Nolan, a donor for India was eventually found from the existing register.

Speaking about her daughter's journey to recovery, Jo Farmer pays credit to the charity: "Without Anthony Nolan, India wouldn't be here, simple as that. I still think if I got hold of India's donor I'd probably squeeze her to death. It's amazing that from the simple act of joining the register she's saved India's life."

Henny Braund, Anthony Nolan's Chief Executive, is thrilled with the Foundation's commitment: "We are extremely grateful that The Jack Petchey Foundation is supporting us with the largest single Trust donation we have ever received. The partnership with the Foundation will help us get people onto the register faster and raise awareness among people aged 18 to 30 – we can't stress enough how important it is that they come forward to join the register."

The joint campaign will be launched in October 2011. Follow both organisations on **Twitter** (@anthonymolan; @jpfoundation) and on **Facebook** (facebook.com/anthonymolan; facebook.com/jackpetcheyfoundation) to be the first to hear more!



India Farmer



Devaanshi has had a bone marrow transplant from her brother Dushyant



BE A MATCH, SAVE A LIFE



PANATHLON CHALLENGE – GOING FROM STRENGTH TO STRENGTH!

The Panathlon Challenge, with the support of the Jack Petchey Foundation, has steadily grown to involve all 32 London Boroughs as well as nine areas in Essex. This year has seen Panathlon provide sporting opportunities to over 1,500 disabled young people including, for the very first time, young people in the Essex region of Southend and Shoeburyness. With the 2012 Olympic and Paralympic Games fast approaching, Panathlon



has worked tirelessly to encourage more disabled young people to take up a sport or physical activity. In April this year, the charity was celebrated for its achievements with the *London 2012 Inspire Mark*, a badge which recognises exceptional projects inspired by the 2012 Olympic and Paralympic Games.

Football has been a particular focus for activity thanks to funding from the Football Foundation. Over three years, Panathlon has introduced football for young people with severe learning difficulties (2009), visually impaired football (2010), and Powerchair football for wheelchair users (2011). Going forward, Panathlon plans to create five clubs across London with coaching and competitive opportunities for visually impaired footballers, a model which has already proved successful in developing Powerchair football.

Speaking of this new venture, Seb Coe (Chair of the London Organising Committee of the Olympic Games and Paralympic Games) said: "Panathlon is encouraging young disabled footballers to fulfill their potential. I am proud that with the help of partners such as Panathlon, we are delivering on our vision to use the power of the Olympic Games and Paralympic Games to boost participation in London." Inspired by the Jack Petchey Foundation's ethos to enable young people to positively contribute to society, Panathlon has also launched a new venture to provide Coach Education courses to approximately 100 young disabled people. Working with governing bodies of sport, Panathlon is training young leaders as coaches and equipping them with practical work experience for future employment.



Trudy Kilcullen, Chief Operations Officer for The Jack Petchey Foundation, is delighted with this initiative: "We believe that all young people should have the opportunity to achieve their potential. We look forward to seeing even more disabled young people becoming coaches and sports leaders in the future."



For more information about Panathlon visit www.panathlon.com

FOCUS ON: STEP INTO DANCE - WORKING WITH SEN SCHOOLS

Step into Dance works with over 150 state schools in London and Essex, bringing regular dance opportunities to young people. The programme's grassroots approach, linking directly into schools, is one of its strengths. What is sometimes overlooked however is the thirty-five schools currently involved which are for young people with special educational needs (SEN). Over the past years, the teachers and staff at Step into Dance have forged strong relationships with these schools and developed an inclusive approach to dance which we are extremely proud of.



At *Step Live!*, the programme's annual end-of-year showcase at Sadlers Wells theatre, this inclusive outlook is evident. The programme sees able-bodied dancers alongside those in wheelchairs, and teenagers from a state comprehensive followed by peers with learning disabilities, all performing in a seamless running order. All perform on a huge stage in front of a darkened auditorium containing hundreds of spectators – and all love it, especially the applause!

As well as the pure enjoyment of performance, there are other tangible benefits to be had for the young people involved. Michael Guppy, a teacher at Cricket Green Special School (Merton), explains: "There have been huge physical benefits for the students; fitness and coordination have improved as well as their confidence. At Step Live, parents were surprised by what their kids were actually capable of and achieved."

Sue Goodman, artistic director for Step into Dance, adds: "We have seen how these students' lives have been enriched by our programme. But we as their teachers learn too: you come to see the ability in them rather than the disability."

Looking to the future, there are exciting plans afoot. The appointment of a devoted SEN Development Officer, Gemma Coldicott, will enable the creation of an SEN Dance Company during the 2011/12 academic year. This summer also sees the first-ever SEN Summer School take place; open to all abilities, with a fun and informal approach - and no previous experience of dance needed!

Gemma Coldicott says: "I am so excited to start as the SEN Development Officer for Step into Dance to enhance and extend the work in SEN schools throughout London. My dance work is about making dance accessible and empowering people to take part. I have lots of plans, so watch this space!"



Find out more about the programme at www.stepintodance.org

GOOD NEWS FOR YOUTH DANCE AND PUBLIC-SPEAKING

The Jack Petchey Foundation has made a three-year commitment to develop two longstanding partnership programmes, Step into Dance and the Jack Petchey Speak Out Challenge. The long-term commitment by the Jack Petchey Foundation will allow both programmes to plan for the future and become more sustainable.

Step into Dance, a partnership community dance project between the Jack Petchey Foundation and the Royal Academy of Dance (RAD), has grown by an astonishing 500% in four years. Starting with a pilot project in 28 schools, the programme is now running in 150 schools across 18 London boroughs, including Pupil Referral Units and SEN schools (see feature opposite). Step into Dance is now recognised as being the biggest and most successful secondary school dance programme in the UK.

The Jack Petchey Foundation wants Step into Dance to grow even further; reaching an extra 50 schools over the next three years, expanding into Essex and other London boroughs (see "Get your school involved!" below), as well as developing its extended programme including street dance battles, contemporary dance workshops and Summer Schools. For the team at Step into Dance the Jack Petchey Foundation's support helps them continue their mission to "demystify" the world of dance and support the development of dance teaching within schools. Furthermore, they can reach young people who



have never had the opportunity to experience dance training, in particular young men and young people with special needs.

The Jack Petchey Speak Out Challenge stands to gain similarly from support over three years. Now entering its seventh year (in 2011/12) the programme has trained over 75,000 young people to date, making it the largest youth public-speaking event in the world. Over 17,000 young people each year participate in a "Speak Out" workshop, giving them the confidence and skills to express themselves clearly.



SpeakersBank, which has merged with Speakers Trust to become a registered charity, delivers the Jack Petchey Speak Out Challenge. For them, the Jack Petchey Foundation's ongoing support will enable them to deliver public-speaking training to every state secondary school in London and Essex. Another key area of development over the next

three years will be to support Speak Out "alumni". Young people who have gone through the training will be offered opportunities to speak in public, act as volunteer ambassadors for organisations (including the Jack Petchey Foundation) and to continue making their voices heard.

Trudy Kilcullen, Chief Operations Officer for the Jack Petchey Foundation, says: "The Jack Petchey Foundation is extremely proud of its partnerships with Speakers Trust

and the Royal Academy of Dance. What both programmes have in common is the capacity to inspire young people to have greater self-confidence and give them the skills to express themselves. We look forward to supporting both Step into Dance and the Speak out Challenge over the next three years and to see them continue investing in young people across London and Essex."

GET YOUR SCHOOL INVOLVED!

Step into Dance

Step into Dance is targeting state secondary schools in the following areas in 2011/12:

ESSEX: Basildon, Thurrock

LONDON: Ealing, Brent, Sutton, Redbridge, Barking and Dagenham, City of Westminster, Kensington and Chelsea.

Visit www.stepintodance.org or contact Miranda Peake at mpeake@rad.org.uk or on 0207 326 8036 for more information and to register your interest.

Jack Petchey's Speak Out Challenge

If your school is a state secondary school in London or Essex, Year 10 students will be eligible to take part in the Speak Out Challenge.

Visit www.speakoutchallenge.com or contact Becky Griffiths at becky.griffiths@speakerstrust.org or on 0845 862 1949



Najae Hackett (2011 Speak Out winner)

ACHIEVEMENT AWARDS FOR SPORTING STARS

As the 2012 London Olympics draws closer, we at the Jack Petchey Foundation decided to take a closer look at some of our Achievement Award winners whose sporting talents are shining brightly! Here's just two of them...

JAMIE - Gunnersbury Catholic School

Reason for award: Dedication to his sport of running, and for services to sport and to the P.E. department at school.

How did you spend your £200 grant? "On equipment to enhance sports provision for students at school in the summer term - training bibs, whistles, batons and cones, and training javelins."

Ambitions: "My goals are to get a degree in sport science and represent Great Britain in my sport."

PHILIP - Croydon School of Gymnastics

Reason for award: Working his way up through the ranks of his gymnastics club from the age of 3 years old and demonstrating huge commitment. He is a qualified coach and has represented not only his club but his country!

How did you spend your award? "Wall bars for the gymnastics club."

Ambitions: "To participate in the Paralympics."

We know these Achievement Award winners are not alone! There are many of you out there in the thick of your sporting training, and as our country gets ready to welcome 'the greatest show on earth', we would like to wish you all every single success in achieving your own sporting goals.

Of course the Jack Petchey Achievement Award doesn't only recognise sporting achievement and so to all our award winners we say this: Recognise and be proud of your own individual talents, and set goals for your own successes. With determination, hard work and a positive outlook you will go far!

If you have a sporting story you would like to share with us and/or are preparing for the London 2012 Games, please send your stories and pictures to mail@jackpetcheyfoundation.org.uk



Philip flying high on the rings



Jamie hard at training in the cold winter months

LOLLIPOP LADY'S LONG SERVICE RECOGNISED

The Jack Petchey Leader Award is an annual opportunity for organisations already running the Achievement Award scheme to honour the dedication and commitment of staff and volunteers - particularly those who go 'the extra mile' to support young people.

St Philomena's School tells us why their lollipop lady was the obvious candidate for their 2011 award:

"Mrs Adams has worked for the borough of Sutton at St Philomena's School for an incredible 47 years. Every morning and afternoon, without fail, she patrols the front of the school with her 'lollipop'. No car dares to pass without her directing wave and the pupils look forward to seeing her friendly face welcoming them to school.

"She has the energy of a teenager and the courage to challenge any drivers not respecting her requests. Her position is at a busy junction on the school entrance and her dedication has undoubtedly saved many from peril. From Year 7 through to Year 13 the pupils have great respect for her efforts to help them and she is very highly regarded by all. A year 12 pupil fondly recalled the story of how Mrs Adams found and returned her lost GCSE Art folder during the heavy snow. It was well above and beyond her duties to make the trip into school but was greatly appreciated by the girl involved. The lower years love to see all her 'funky' badges and work out which are the new ones each year.

"She is a perfect candidate for this award as her work highlights that one person really can make a difference to a whole community. We really hope this award can be one way we at Saint Philomena's can show our appreciation."

NEW FOR 2011: APPLY ONLINE! To make an application visit www.jackpetcheyfoundation.org.uk



Mrs Adams on duty

YOUNG PEOPLE TAKING THE LEAD

Over 450 young people have benefitted from the Jack Petchey Foundation's Individual Grants for Volunteering Fund in 2011 and counting... Sixteen year old Catheryn Turp recently received a grant of £250, which she used to organise a day of musical activities for marching bands in her local community! Here she tells us about the experience:

"I have never arranged something like this before. I have learned that these events take a lot of time to arrange and that you need to think about every possible question or problem before you can even start arranging the event itself!

"It was my responsibility to contact all of the other bandmasters, book a venue, send out information to the bands and arrange adult supervision for the day. I also arranged for the sheet music to be sent to all of the band members ahead of the event date, allowing members to practise the piece and giving the conductor more time to teach us advanced skills.

"On the day itself I was the host, making sure everything ran smoothly. In total there were 30 musicians from the Essex Marching Band, 20 from the Marxmen Band and 40 from the Romford Band, all keen to learn new music and make friends. The workshop brought new skills to all the young people that attended and it's also inspired us to try new musical styles. "The whole experience was a big challenge for me and it definitely helped to increase my confidence and personal skills. I think the other young musicians involved all took away their own personal rewards from the experience too."

Apply online at www.jackpetcheyfoundation.org.uk



Just some of the 90 young people who attended the workshop

SMALL GRANT GOES A LONG WAY...

The Anstee Bridge Programme in Kingston works with teenagers on the brink of being labelled NEET (Not in Education, Employment or Training). The young people who attend the programme at Room 114 – operating out of a single room in Kingston College's "Anstee House" - often have low self-esteem and have not achieved at school. Raising the confidence and aspirations of its young people and preparing them for "the next step" is therefore a crucial part of the programme's work.

With this in mind, programme director Katherine Greening successfully applied to the Jack Petchey Foundation for a £500 grant to deliver a series of training sessions on interview skills. A professional trainer was employed to work with students on their voice and body language. Following this the students were videoed doing mock interviews, which were then played back. Each student received one-to-one feedback on their performance.

Katherine said: "The workshops made a real difference to the students. Their inter-personal skills were greatly enhanced and they were shown how to stay calm under pressure. As the sessions developed, the students' demeanour and posture also improved and they became confident enough to ask as well as answer questions. This will greatly help their chances of getting into further education, employment or training."

In the words of Jack, one of the participants: "It was hard at first because I hate interviews - but my confidence grew and it was ok in the end."

Anstee Bridge's class of 2011 has now graduated and - thanks to the support of all the staff at Room 114 – every one of them has gone on to enter sixth form college, further training or formal employment. We wish them every success.

For further information about the Small Grants Fund visit www.jackpetcheyfoundation.org.uk



CONGRATULATIONS TO LATEST PLAQUE RECIPIENTS

The Jack Petchey Achievement Award Plaque recognises organisations which demonstrate excellence in their running of the Achievement Award scheme. The latest recipients are:

- Langley Park School for Girls (Bromley)
- West London Academy (Ealing)
- Anstee Bridge Programme (Kingston)



A ROSE FOR JACK

The **Jack Petchey Rose** was created especially for Mr Petchey by students and staff at St Bonaventure's RC School. Achievement Award Winners from the school received their medallions at the Foundation's Newham schools celebration in June 2011, each wearing one of the roses in their lapels.



HAVE YOU RECEIVED YOUR MEDALLION?

If your winners haven't been to one of our Celebration Events, then come along! Youth clubs and organisations can attend any of our regional celebrations.

Upcoming dates include:

FRI 30 SEP - Artsdepot, North Finchley (7.30pm)

SUN 23 OCT - Greenwich Theatre (3pm)

FRI 11 NOV - Secombe Theatre, Sutton (7.30pm)

Check our website for a full list of event dates on www.jackpetcheyfoundation.org.uk

WELCOME TO OUR NEW TEAM MEMBERS!

Sasha Hudson - Events Co-ordinator
Sasha has over 6 years' experience of managing a range of varied events for both Crossrail and Cancer Research UK. She is proud to join the Foundation's Events team, helping to celebrate thousands of young people each year!

Dean Milton - Volunteer Ambassador

Dean joined the Foundation as an Ambassador in 2011. He has previously held high-profile roles within the Scouting Association, having volunteered as a County Commissioner (London North West) and more recently Regional Commissioner (Greater London). He looks forward to representing the Jack Petchey Foundation at events and presentations.



DRIVE TO INCREASE VOLUNTEERING

The Scout Association has teamed up with the Jack Petchey Foundation as part of the Association's continuing drive to increase their number of volunteers.

A Recruiter Badge has been launched to encourage existing adults and young people in Scouting to get involved in recruiting more adult volunteers. The focus is on promoting the flexibility of the many volunteering opportunities available and how giving just a few hours a month to Scouting can help support and inspire young people.

The badge is exclusive to the London Region for an initial trial period.

Address: Jack Petchey Foundation
Exchange House, 13-14 Clements Court, Clements Lane, Ilford, Essex, IG1 2QY
Telephone: 0208 252 8000
Email: mail@jackpetcheyfoundation.org.uk
Registered Charity: 1076886

