

# AN HOUR FOR OTHERS

## NEWSLETTER 2022 REVIEW

### TIME HAS FLOWN!

Welcome to our first newsletter for quite some time! We have been meaning to produce a monthly newsletter for ages, but the hours, days and months fly by and we just never got around to it. In 2023 we will be sending out monthly newsletters, so we thought it would be good to create this one that sums up 2022 at An Hour For Others.



### THE MAGIC OF COMMUNITY

There are so many times when you get lost in the day to day operations of AHFO that it's easy to forget about the amazing things that have come as a result of our community pulling together. Putting this newsletter together to highlight our work in the last year alone, really did get me emotional to see how so many special people are around us making the lives of others better and are creating positive change in our communities

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*Together We Are Strong*

# INSPIRING POSITIVE CHANGE






2022 was our busiest year in the 9 years we have been operating, the opening of our beautiful new community hub literally came out of the blue and added a whole new arm to the work we already do. In the 6 months it has been open, it has already been a god send to so many people . There's something special about our little hub in the heart of the Liverpool right on the Tuebrook roundabout.

## IF NOT US THEN WHO?

An Hour For Others is more than charity, it is a community, a family even. We firmly believe that when we all raise our game and bring the best version of ourselves forward as individuals and collectively, we will create better communities and shape brighter futures. It really is happening as the following pages show....



**AN HOUR FOR OTHERS COMMUNITY  
EMPOWERMENT HUB**  
657-659 WEST DERBY ROAD,  
LIVERPOOL  
L13 8AG.

 /anhourforothers  
 @anhourforothers  
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# JANUARY 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

**AFTER A WELL-EARNED REST, IT WAS STRAIGHT BACK TO IT FOR 2022.**

- Received 4 tickets for Liverpool game v Arsenal from Red Neighbours.
- Big hearted businesses come forward to agree to refurbish bedroom for a Nan and her 12 year old girl who suffered the heart-breaking loss of her Mum and moved into Nans.
- Thank you to Mersey Developments, Vale Decorators, ETM window blinds, Dave Williams flooring, Kirsty Garner, Denise McGuigan, Morten Schenby for supporting.
- We announce that we will be starting our very own podcast 'Together we are strong podcast' which will be focused on the positives of community and people and show who we are, why we do it and how we ended up where we are today.
- Jane Gervin wife of our trustee Joe Gervin continues to give her time and expertise building our website for us.
- Planning and structuring work continues in the background for us to be able to work more efficiently and effectively.



# FEBRUARY 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

### THE POWER OF COMMUNITY WORKING TOGETHER AND SUPPORTING EACH OTHER.

- Annual Gala announced for 18th May 2022 at the Titanic.
- Top comedian Troy Hawke takes part in white collar boxing event to raise funds for AHFO, he only gets KO'D!!
- We put a call out on social media for a young brother and sister fleeing domestic violence in desperate need of clothing, within an hour they are both more than sorted.
- Paul Moran from Old Swan boxing club gives a free space to a 12yr old boy Nathan.
- Providing donated white goods and furniture to North Liverpool family in need.
- Meetings with new businesses ready to get involved helping community.
- Putting together children's leadership programme for schools.
- Planning starts for May gala which we discover is on FA Cup final day!!
- Website up and running thanks to the lovely Jane Gervin.
- In Demand radio call in to our office with free donuts thanks to a kind caller putting us forward for the treat!
- Kids half term group sees us head to GroZone in Northwich to help them at their superb community garden. Thanks to Jeff McMaster for connecting us. Our second activity day is a day bowling with the kids.
- Our old mate and absolute light warrior JP Toddy joins the AHFO team to help us inspire the youngsters in Liverpool..
- First Together We Are Strong podcast is aired.
- Adient announces AHFO as their chosen charity of the year, a special moment as this was the place that Kevin worked building car seats when he had the idea for An Hour For Others.

# FEBRUARY 2022



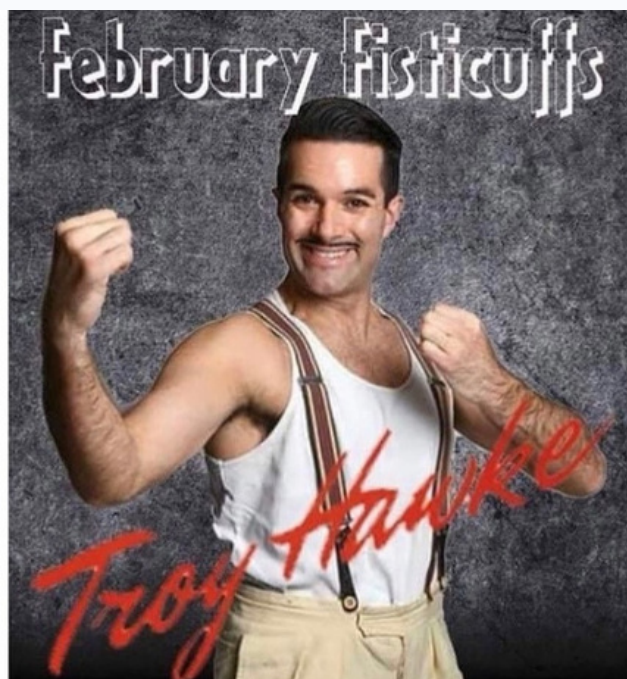
In Demand come along with donuts!



Bowling day with all the kids.



Together we are strong podcast launches.



Comedian Troy Hawke gets in the ring for us.



Half term community activity helping with gardening at Gro Zone.



# MARCH 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

**GILL IS ANNOUNCED AS ONE OF OUR CITIES TOP TEN INSPIRATIONAL FEMALE ACTIVISTS AND ENDS UP IN THE MUSEUM!**

- Bedroom refurbishment for young 12yr old girl Cerys at Nans house completed!
- Thanks to Conor and his brother we are able to send Jimmy Flowers and his grandson Max to Liverpool v Norwich VIP style, Jimmy is our dear friend who has been battling pancreatic cancer.
- Our special ambassador young Louis Henry has the battle of his life at Alder Hey but like the warrior he is, pulls through. We love you mate.
- Gill is announced as one of the Cities top ten influential activists and will be displayed in the Musuem as part of International women's week!!
- West Derby Rotary club raise £450 for AHFO!!
- Pure Gym Liverpool Central announce they will be offering free classes to AHFO each week! Huge thanks to James Love for making this happen.
- The lovely Katie Sunshine Yoga once again offers a 6 week mindfulness course free to our families.
- Ste Martin weekly family cook along's on zoom begin, as does Hayley Tait's healthy cookery sessions.
- Kevin delivers his leadership workshop over 2 days to all year 6 children at All Saints Anfield.
- Antonia from Belerive 6th form completes a week long work experience.
- We are offered Stormzy tickets which we are able to pass to the biggest young Stormzy fan in the world!!
- We secure a new hub out of the blue in the heart of Liverpool!!
- Unity in the community, staff from BT go along to Sean's place to help tidy and clean their garden.
- Kelsea from the healing beauty rooms gives her time running holistic therapies for families.

# MARCH 2022

## Gill Watkins

Following a serious car accident and surviving an abusive relationship, Gill used her lived experience to co-found the charity An Hour For Others, which works to build better communities and inspire positive change across Liverpool

#InternationalWomensDay22  
#IWD22



Gill makes it into Liverpool Museum, top 10 female activists.



Kevin delivering leadership workshop at All Saints Primary.



Pearl gets tickets to watch her hero Stormzy!



Cerys enjoying her brand new bedroom.



The legend Jimmy Flowers with grandson Max, VIP style at Anfield.

**AHF**   
Together we are strong

# APRIL 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

### A BEAUTIFUL DAY MAKING MEMORIES WITH MANY OF OUR FAMILIES WALKING UP MOEL FAMAU.

- Weekly bootcamp classes at Pure Gym for families we support going well.
- Hundreds of easter eggs donated are delivered by our lovely volunteer drivers.
- Many people dropping out of May's gala as Liverpool make it to the FA Cup final on the same day! Poor Gill's head is all over the place as she tries desperately to work things out.
- Great meeting with Stacey at Everton in the Community.
- Lesley Foreshaw starts volunteering to help with our admin, another great addition.
- Hayley Tait (health on the hob) Healthy cooking sessions for all the family continue to go really well.
- Young Cerys and Evie becoming close friends, Evie is a real help to Cerys after the loss of her Mum as Evie lost her lovely Mum Lisa only 2 years previous.
- Family day out at Moel Famau, absolutely beautiful day in Wales.
- Football camp with 7 elite academy giving their time and skill.
- Our ambassador boxer Peter McGrail fights at Liverpool Arena and wins.
- Katie Sunshine mindfulness sessions continue to have amazing effects on the group.
- Kevin gains his level 4 performance coaching qualification.
- A group of brave souls head to Snowdonia to complete the zip wire to raise funds for AHFO.
- Tory Walker who runs a great venture called gift a gift offers to support AHFO with presents that are no longer wanted which we can use as gifts on the kids birthday's.



# APRIL 2022



Zip Wire 2022!



Cerys and Evie's friendship.



Tory Walker 'gift a gift' dropping presents off.



Katie Sunshine mindfulness group.



Our families conquering Moel Famau!



# MAY 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

**WE RECIEVE THE KEYS TO OUR NEW  
COMMUNTIY EMPOWERMENT HUB! THE  
NEXT CHAPTER ABOUT TO BEGIN..**

- Our Annual Gala takes place, despite it being Cup final day and Liverpool winning it on penalties, over 300 turn up for another night to remember at the Titanic.
- Under 6 football tournament organised by Stephen Devine to raise funds for AHFO.
- Les Wright kindly donates 10 tickets for the kids Boss night.
- Ted at Liverpool disabled supporters club manages to get access for our hero ambassador little Louis Henry.
- One of our youngsters little Deana starts with the amazing Aerial Gymnastic academy who continue to support AHFO with free child places.
- Evie and Cery's enjoy a break away with the family in Wales.
- Ste Crawford (Crawford Decorators) completes 2 bedrooms for 2 sisters in South Liverpool.
- Mark Cowell of Awakened Souls events offers AHFO up to 50 free tickets for their first every family event in June at Knutsford.
- We are given the keys to our new community empowerment hub on West Derby Road, situated right by the Tuebrook roundabout, this is the missing link for us to go to the next level again when it comes to bringing our communities together to inspire a positive change in the lives of those we work with. Right in the heart of Liverpool it is easily accesible to almost every area of the City.

# MAY 2022



Collecting the keys to our hub from landlord Phil



AHFO gala 2022, wild west meets Coyote ugly.



Little Deena joins Aerial Gymnastic academy.



Under 6 football tournament, trophy and medals.



Gill's Dad Ivan at the gala on the Bronco, always gets the party started!

**AHFO**   
Together we are strong

# JUNE 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

### OUR LITTLE GRANDSON REEVE BORN IN YET ANOTHER MAGICAL MONTH AT AHFO!

- Gill and Kev's beautiful baby grandson Reeve is born!!
- We have a brilliant day out with all the kids and team at Knowsley Safari Park.
- Ten Street Social donate £1 from every drink sold in one day instead of holding a jubilee event there!
- A call goes out for more admin volunteers to help us.
- Work continues to get hub up and running for when the summer holidays begin.
- Businesses come forward to sponsor our 5 mile walk with Jamie Carragher.
- We are invited to Alderoot golf club in Warrington by Jamie Rowland and his Dad who hold a competition which raises £1000 for us.
- Two kids football teams from the city proudly unveil kits for the coming season with the AHFO logo across their shirts. Woolton Marseille and FC Northern.
- Awakened Souls events give many of our family's free entry to their superb family summer festival in Knutsford.
- Jaguar Land Rover invite us in to their plant to announce we have been gifted a brand-new Land Rover Discovery Sport!
- We go into Calderstones School where an amazing group of year 8 children have raised over £600 for AHFO.
- Hundreds turn out for our 5 mile walk of Unity around Stanley Park, Jamie Carragher once again gets involved. Les Wright again helps us massively.
- Lian's Locks hairdressers gives her time cutting the hair of three young sisters.
- AHFO sponsor hole at Anne Williams golf day.

# JUNE 2022



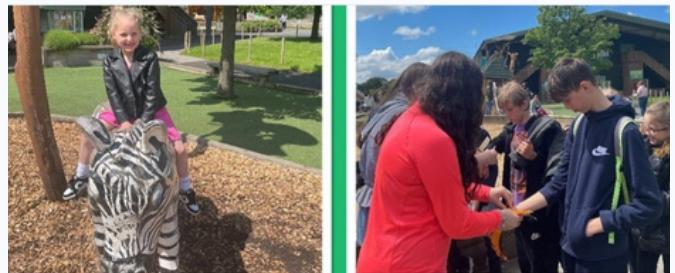
Our beautiful baby Reeve joins us.



Annual 5 mile walk of Unity fundraiser



Calderstones year 8's donating nearly £500 to AHFO!



Loads of fun at Knowsley Safari Park.



Golf competition at Alder Root - AHFO fundraiser.



# JULY 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

### OUR COMMUNITY EMPOWERMENT HUB OPENS IT'S DOORS, HOLDING OUR FIRST WORKSHOPS FOR THE KIDS.

- Kids Cavern donate hundreds of pounds worth of designer clothing to AHFO families.
- We complete the hub in time for the kids half term groups!!
- Jimmy Smith completes a skydive to raise funds for us.
- Kelsea Porter (Healing Beauty Room) delivers holistic therapies for family members.
- A number of brilliant people who give their time to AHFO go along to St Michaels primary school Aspire day to speak to the kids. Kevin goes along with Peter Mcgrail who takes in his medal collection!
- John Paul Cullen and his amazing group of pure souls complete the gruelling three peaks challenge in support of ourselves.
- Our AHFO 42 ft shop sign goes on outside the hub, which is visual to thousands who go past each day.
- Louise who is the aunty of our ambassador Louis Henry delivers our very first workshop at the hub! An amazing 3 day textile and design group.
- Troy Hawke once again chooses us to support from the sales of his hilarious birthday cards.
- Kev & Gill invited to go along to the comedy club for Troy Hawkes Liverpool show to raise funds selling the 'Chippy tit formula' tea towels.
- Our annual kids summer activities begin, workshops, fun and games at the hub and bowling in Edge Lane. 38 kids enrolled onto summer group!
- Liam Moore comes along to speak to the kids and get us all singing his amazing new song 'Something is in the air'. We all ended up on West Derby rd doing a mad Karaoke!!

# JULY 2022



A new chapter begins! The hub is ready..



Brave souls finishing the epic 3 peaks challenge at Snowdon.



Louise delivering the first ever workshop at our new hub.



'Karaoke on West Derby Rd with Liam Moore!



Incredible donation of brand new clothes from Kids Cavern.



# AUGUST 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

### YET ANOTHER ACTION PACKED SUMMER MONTH WHERE COMMUNITY THRIVED!

- Fantastic day with our summer group at Haigh Woodland Park near Wigan. Kids do footgolf & the fun and games go on all day long.
- We are able to send 14 adults and children to the Liverpool match thanks to so many kind people donating tickets.
- Bowling at Edge Lane with kids group.
- DJ sessions for our kids delivered free by some of Liverpool's best DJ's Billie Clements, Ian Redmond and Drew! Kids love it.
- Fun, games and workshops at our community hub.
- The fantastic Murwalls spray paint powerful images on our hub shutters, people passing love it.
- Superb Liverpool band The Cheap Thrills donate 6 free tickets to their fantastic gig.
- Day out in the sunshine to Delamere Forest with our Summer group, Dave Bould (Bould adventures) gives his day to teach outdoor survival, den building, and teamwork.
- Danny Astls walks from Manchester to Liverpool on the hottest day to raise funds for us! Incredible achievement from Danny who has never done anything as huge as this before. We meet him at our hub as an emotionally and physically drained Danny finishes his tough challenge.
- Beach fun day and Barbecue on Red Rock beach in Hoylake with all our lovely families. Amanda Williams (Zoti project) joins us to deliver a superb mindfulness and breathwork session in the warm sunshine.
- Trip to Liverpool Cathedral to explore and engage in onsite activities.
- Bucket collection towards summer groups at Taggy's Bar and Hotel Anfield.
- Boxing with Kirkdale Boxing gym and Football coaching with 7 Elite academy as part of our summer activity group.
- Family day out to Southport fair, once again in the sunshine!
- Football tournament organised by brothers Jay and Darren Harrison in memory of uncles Stephen and Gary who died at Hillsborough, supporting AHFO



# AUGUST 2022



Fun at the fair in Southport!



Family beach barbecue day doing breathwork.



Football game we are honoured to be part of, in memory of Ste & Gary Harrison



DJing day with the kids summer group. Top DJ Ian Redman teaching the girls.



Danny Astls at the hub after his gruelling walk from Manchester to Liverpool.

**AHF**   
Together we are strong

# SEPTEMBER 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

**OFFICIAL OPENING OF OUR HUB, AND WE  
RECEIVE THE BEAUTIFUL LAND ROVER  
DISCOVERY SPORT FROM JAGUAR HALEWOOD.**

- Hub opens its doors to the adults!
- Jaguar Land Rover invite us to the plant to receive the amazing brand new Land Rover Discovery Sport! Emotional is not the word.
- Powerful Inner voice workshop delivered by Hannah Byrne sets the bar high, feedback was incredible.
- Laura Scott, Kelly Ann and the team begin collecting warm dressing gowns & pj's for local children.
- Our annual Snowdon fundraising walk takes place! A group of 20 absolutely smash it and have the best day together as always.
- John Thompson starts his brilliant creative writing workshops at our hub, 'write your memoirs' at AHFO
- The 'magic of the hub' already becoming obvious to those attending.
- Woolton Marseille JFC present us with superb framed shirt with AHFO logo.
- ETM window blinds fit window blinds at the hub.
- Our well being room looking the part for the holistic sessions.
- After school groups for 4-6, 7-10, 11-14yr olds start up.
- AHFO invited to the Football for change gala event in Manchester, courtesy of Carpenters group the night included a set from Noel Gallacher.
- Monthly lottery changes to £10 per number with a chance to win £2500! The aim is to get 1000 people playing each month where the prize will be a massive £5000 to the winner!
- The official opening of our beautiful community empowerment hub takes place.
- Amanda Williams (Zoti project) starts her special 'relaxation of the mind' groups at the hub.

# SEPTEMBER 2022



The official opening of our hub.



A brand new Land Rover Discovery Sport gifted by Jaguar Halewood!



Woolton Marseille present us with amazing new framed shirt with AHFO logo.



Snowdon 2022, all the firm at the start!



Hannah Byrnes powerful inner voice workshop



# OCTOBER 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

**ONE OF THE COUNTRIES BEST MOTIVATIONAL COACHES AND ELITE WORLDWIDE TRAINER GIVES HER TIME TO SPEAK TO OUR FAMILIES..**

- Our trustee Wayne Scholes donates 2 VIP tickets for England ladies v USA at Wembley. We are able to send Grandad and his little granddaughter for her first game.
- 71 people come through the doors of our hub in just one week to attend various groups and activities.
- Hayley Grier delivers a superb children's mental health session at the hub.
- Networking event with Liverpool Chamber of Commerce at the impressive Strawberry Fields.
- Dr Susie Mitchell one of the countries best motivational coaches drives from down South to deliver an incredibly powerful talk to our families at the hub. Susie is part of Tony Robbins institute of elite world wide trainers.
- Halloween party for all the kids takes place at the hub, our good friend Diane Callaghan (Angels and scallies events) smashes the party with their unique, energetic style.
- Emma Dalton (Yoga Bears) begins delivering yoga sessions for 4-10yr olds.
- Scores of warm pj's and dressing gowns delivered to our hub by Laura Scott and the team.
- October half term groups take place with boxing session at Kirkdale, football coaching with 7 elite.
- Halloween arts and crafts morning with an afternoon movie for the kids at the hub.
- Our new lottery takes place with a prize of £2500 going to Tim Brookes.

# OCTOBER 2022



Community thriving at the hub coffee morning.



Emma Dalton delivers her fantastic yoga bears for the 4-6yr old group.



Hundreds of warm PJ's and dressing gowns gifted from Laura Scott and her team.



Little Elliana goes VIP style with Grandad to Wembley.



Top UK inspirational coach Dr Susie Mitchell delivers powerful talk to our families at the hub.

**AHF**   
Together we are strong

# NOVEMBER 2022

## REVIEW OF 2022 AT AN HOUR FOR OTHERS

### BEDROOM REFURBISHMENTS, UNITY IN COMMUNITY DAYS, ACTS OF KINDNESS, HEALTH AND WELL BEING GROUPS! COMMUNITY IN ACTION.

- Bedroom refurbishment for 3 young sisters we support in Speke begins. Vale Decorators doing the decorating, self employed Darren doing the joinery work, flooring contractors doing floor. Ged and Diane Shudall pay for all furniture and soft furnishings.
- Katie Heywood (Unistar drama) Drama for positive change workshop begins at the hub, powerful confidence and self belief builder for the youngsters.
- Rugs, cushions and carpets donated by John Lewis.
- Christmas mission flying! Already we have 140 children sorted for £100 worth of presents each, specific to them.
- Relax the mind with Amanda Williams really having great results on the adults.
- Hayley Tait cookery sessions continue with superb results also.
- Joiner gives 4 days free on bedroom refurbishment, Vale Decs provide painter for 4 days also! Community kindness at it's best.
- 12 children and adults see Liverpool win on pens in the Carling cup.
- AHFO workforce including admin volunteers is now up to 12 to meet the demand!
- Invited into All Saints school to meet Mr Barnes and their young 'poverty busting' committee of kids.
- Unity in the Community - 9 Barclays staff go along to our friends at The Rydal gym in Kirkdale to help with much needed painting of the entrance.
- Bruce Grobbelaar and wife Janne come to our hub with a cheque for £2800 from the Liverbirds Vest in Norway, amazing gesture.
- Our first cultural/holistic coffee morning held at the hub, Marta from Hungary brings along food from her native country as maureen Gildea therapies delivers powerful mindfulness session.
- Christmas wishing tree at Bruntwood fly's out in one day with kind people picking a child to buy for.
- AHFO invited to attend In Demands 2 year birthday event, our bond grows with the amazing team at in demand.
- Jenny Mulville from Curry's Speke, donates electrical goods worth hundreds to help us at the hub.

# NOVEMBER 2022



Katie Heywood (Unistar drama) delivering amazing sessions at the hub with 11-14yr olds



Hayley Tait (Health on the Hob) healthy cooking classes going so well.



Unity in Community, 9 Barclays staff painting at Rydal boxing gym in Kirkdale



Floor getting fitted at bedroom refurbishment for 3 young sisters.



Hungarian cultural coffee morning!

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Together we are strong

## THANK YOU TO ALL THOSE WHO SHARE OUR VISION

### STRONGER TOGETHER

The last year has shown that when we pull together as a community and work for the common good amazing things can happen. Our vision is a better world for our children to be able to thrive in and live much happier lives., surely we have to believe this is possible and strive to create it?

AHFO exists to see positive change and it is happening every single day, we always welcome those on board who share our vision.



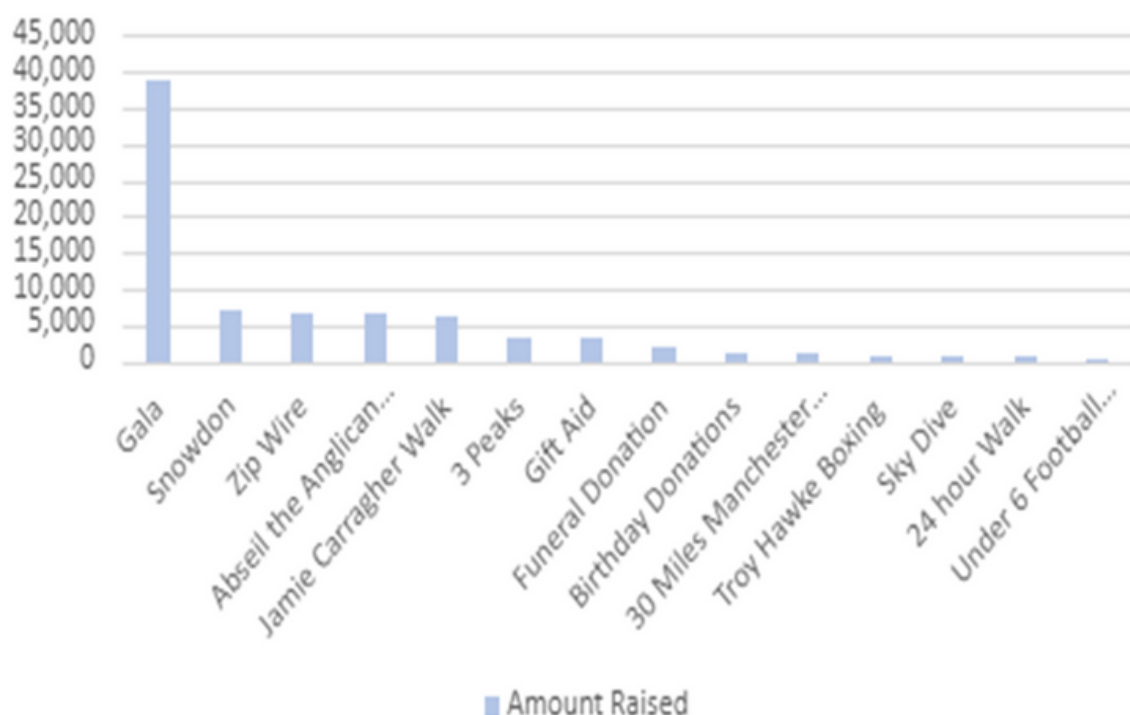
### OUR HOPE FOR 2023

2023 promises to be our biggest year yet as we continue to grow our activities at our hub and in the community. We will be really focused on not only supporting the families we work with but also inspiring them to begin building the foundations of a brighter future. AHFO have workshops for adults, leadership programmes for 10-15yr olds ready for next year. We have 6 bedroom refurbishments planned, weekly health & well being sessions, fundraising activities, children's groups, trips away, half term and summer activities and so much more that builds our communities from grassroots up. Please support us where you can and spread the message that we can and we will make our communities better places to live for all.

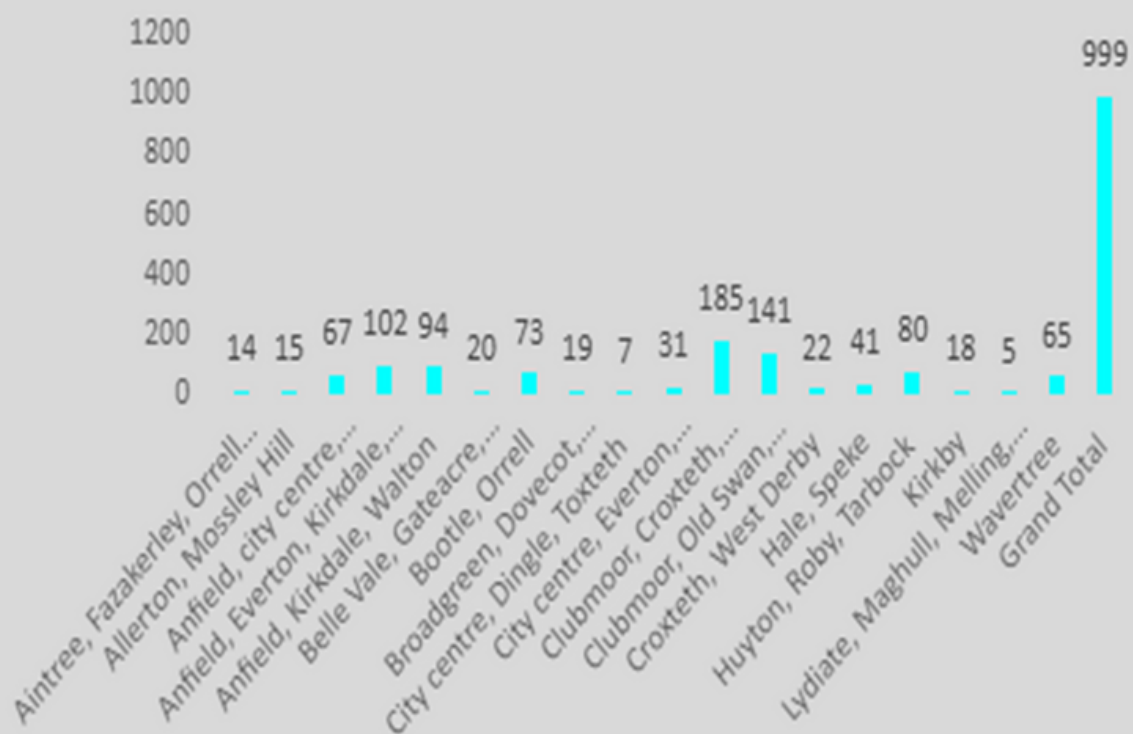
*Together We Are Strong*



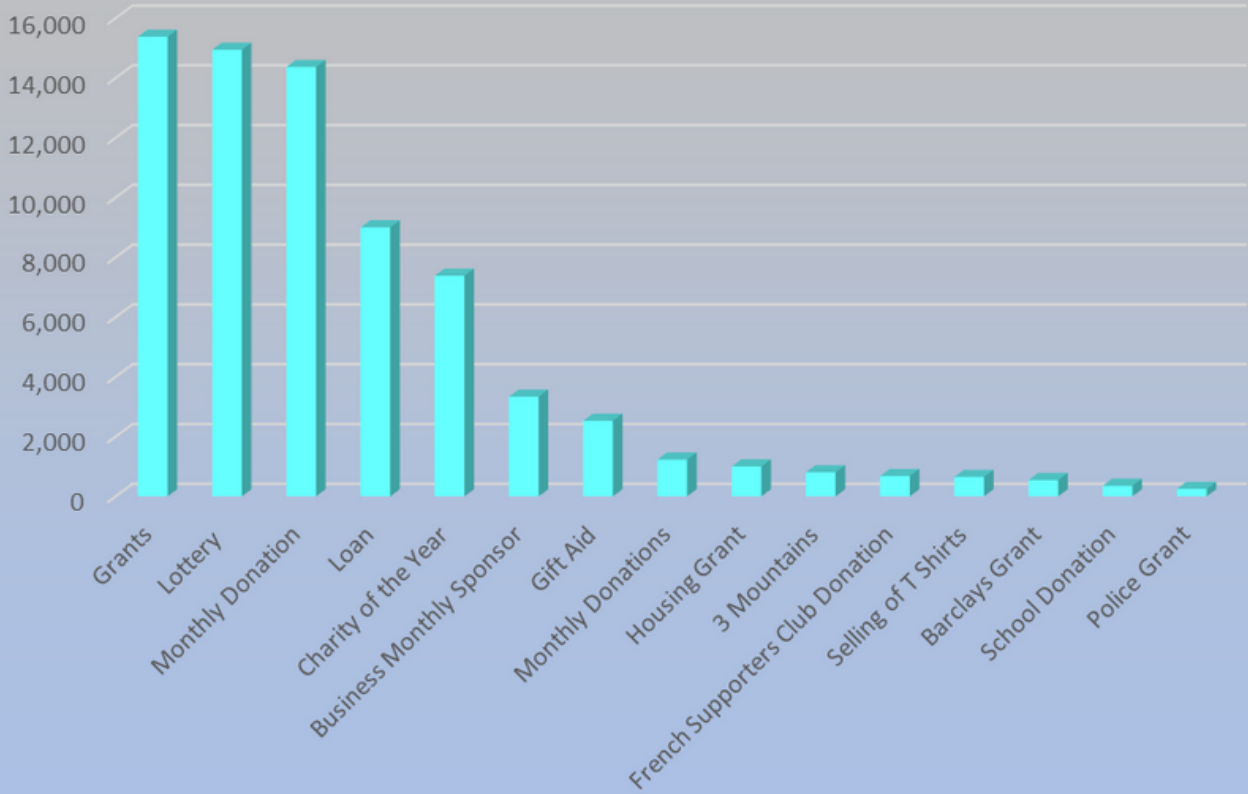
## Fundraising Events Jan 2022 to Oct 2022



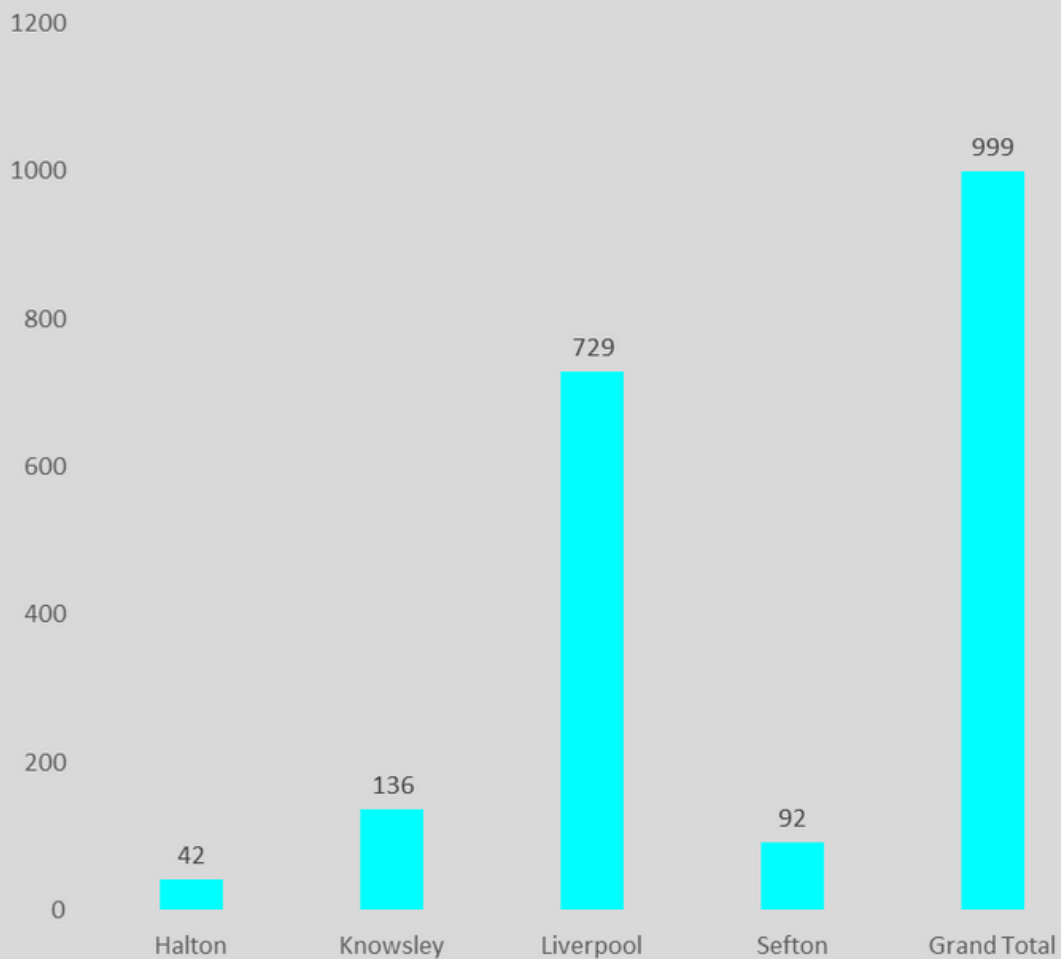
## Area's Covered Count of Name



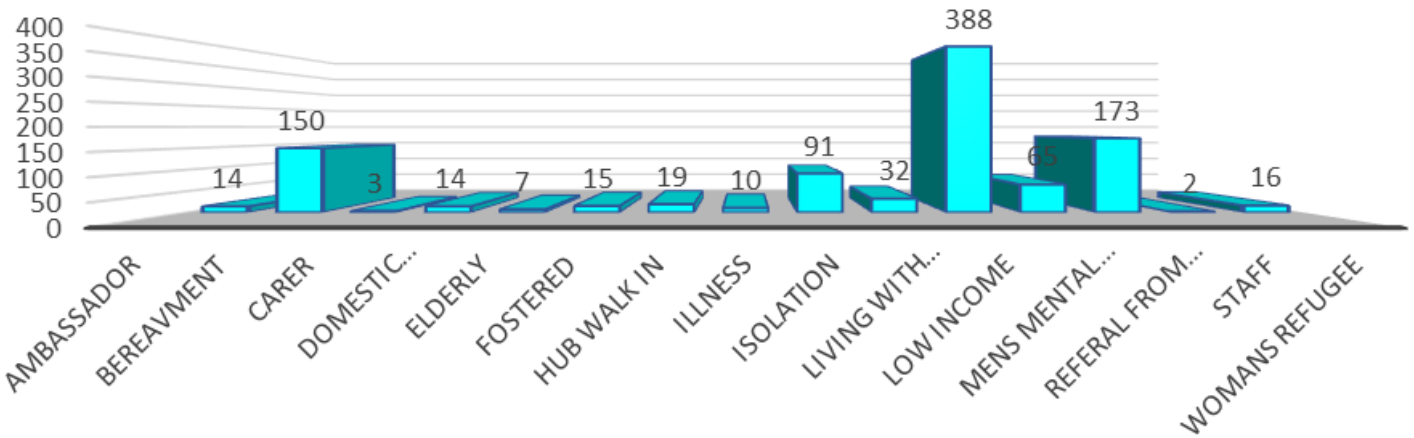
### Other Forms of Finance and Funding Jan 23 to Oct 23



### Region Supported Jan 2022 to Oct 2022



## Initial Reason for Support Jan 2022 to Oct 2022



## AGE RANGE SUPPORTED JAN 2022 TO OCT 2022

