Hello from the Director

Never one to stand still, Maytree continues to grow and change, starting with our new website and rebranding. I am pleased to say that that process is complete. We have received some constructive and encouraging feedback regarding the rebranding and new site.

We have a brand new Operational team in place, who have seamlessly stepped in, providing the service and support to our guests and callers. The number of guests staying at Maytree continues to increase.

Replication is moving ahead, with Cranfield Trust giving us the green light and talks with MSV Housing Association underway. Our Board of Trustees decided that entering into shared ownership, with an established and reputable housing association, would mitigate some of the risks we faced had we approached replication alone.

The work of Maytree is routinely evaluated and those findings implemented. With replication underway, our Board of Trustees felt this to be a timely opportunity to undertake a more qualitative review of our work. So, with the help of Andrew Reeves, from the BACP and the research team at Chester University, Maytree is about to undergo a review. Their findings will be uploaded to our website once signed off.

Maytree and Joe Francis, an award winning garden designer, showcased a garden at RHS Hampton Court Palace Garden festival. The garden was called “Calm Amidst Chaos” which highlighted the importance for everyone to have an internal and external place to visit where they can feel peace and calm, away from the chaos and pressures of everyday life. I am proud to report that we won a silver-gilt medal. We had many interesting conversations with visitors about their mental health and how they look after their wellbeing. After the festival part of the garden was transported to Maytree, for our guests, volunteers and staff to enjoy.

Thank you to every one that helped us build and promote the garden, from funders to volunteers to suppliers.

Have a wonderful summer.

Warmest wishes, Nat x

Who we have supported

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<tr>
<th>Month</th>
<th>Number of callers</th>
<th>Number of guests</th>
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THANK YOU TO OUR PATRONS:

Alastair Campbell
Professor Keith Hawton
Simon Armon
Michael Knight
Nick Hitch
Isabel Hardman

A warm welcome to Joy Crookes, a new Patron.

Hello and a warm welcome to all of our new volunteers.

A warm welcome to John Mason, Elisa Brooks & Claire Barry our new Coordinators.

Our Board of Trustees are:
Terrence Collins, Brian Watson, Heather Wignall, Peter Hale, Lisa Aubrey, Professor Mike Crawford, Simon Schiff.

Welcome to our Newsletter
Events & Challenges

**Brave the Shave**  - February 2019

Nick Dymond's Brave the Shave sounded like a winner from the get go and so it proved.

The premise was that Nick would shave all his hair off live on Instagram and that his Surrey University football team would do the same. That is how it played out, and to the tune of £14,121.65 raised for Maytree! Incredible. Thank you all.

**Going the Extra Mile: The Big Half**  - June 9th

David Grundy organised a charity walk/run in memory of his daughter, Tamsin Grundy.

The ‘Going That Extra Mile’ run took place in Ryston and was attended by friends, family, staff and students from Tamsin’s high school Wisbech Grammar and the University of Birmingham where she studied. In a lovely touch, those who finished the run first took a Maytree wristband and headed back to support participants who had yet to finish.

David said: “It was a great day and we raised £3,000, not counting donations from the fundraising online. Our hope is that it helps someone truly in need. Altogether it’s around £5,000.”

That figure has since risen to almost £7,000 which is a monumental achievement. Thank you.

**Vitality 10k**  - May 2019

Well done, Chantelle O’Connor and Merike Taal who represented Maytree in the Vitality 10k, both completing the challenge in an hour or under!
Your support makes it all possible

Thank you to Kay and Pete Robson, who planned and organised an annual golf tournament in memory of their son James.

The event was well attended, with family, friends, golfers and local businesses raising £5,770. This was rounded up to £5,800.

Goldman Sachs have kindly agreed to match fund the amount, which will take the total amount raised to £11,600.

Thank you to everyone involved.

Finally, a big thank you to each and every one of our recent funders:


and those that have funded us in the last year:


Your support makes it all possible

Check out our new Facebook Fundraising page.

www.facebook.com/maytreeevents/
I have been at Maytree since October and I can honestly say that this has hands down been one of the nicest organisations that I have ever worked for. The kindness and support that I have been shown at Maytree from staff and volunteers here, has been extremely warming and it is a pleasure to work for such a good-natured charity. I know everyone at Maytree seems to say this, and I was sceptical that there didn’t seem to be any critique of the organisation initially, but now I understand!

Maytree seems to be a magnet for the most compassionate types of people...
I call it the “Maytree Magic”.

It was an experience of suicide that made me apply for the Community Link worker role at Maytree. I vividly remember thinking, “I am not qualified to do this position”, but I had felt the exact same way when I finished university, when I became a teacher and when I led the ‘Groundworks’ contract for gang prevention. If you have met me, you will realise that I am a bit of a dreamer. No task is too big, there is always scope for a positive outcome and when it comes to helping others, my tenacity knows no bounds! I was accustomed to having large caseloads, managing difficult situations/behaviour and working under a lot of stress.

When my close friend’s mum died by suicide, I genuinely didn’t know how to support her. My friend Akeilah had lost her mum (who was a lead psychotherapist in a mental health hospital) and she went through every emotion possible. It was an extremely difficult time as she had to take over her mum’s two mortgages, continue working out of London and manage her own life and mental health needs.

Understandably, I found that I was constantly saying and doing the wrong things. I thought that I was being helpful by trying to find solutions to the issues she presented. I thought that I was being thoughtful when I would turn up unannounced with planned lunches that I anticipated would lift her low moods. Unfortunately, nothing seemed to work and I wondered how good I was at my job if I couldn’t even support one of my closest friends?

Then I found a breakthrough! (as I said, there is always a positive outcome)
I was researching suicide bereavement information and I found that there were some local support groups in South East London. I shared these with my friend Akeilah and she found one that was suitable for her. The transformation was almost immediate! Akeilah flourished in an environment where she didn’t have to explain her pain. She found comfort in being around people who understood how she was feeling. She felt enabled by this group and she began to heal and open up to her family and friends.

I remember when I found the job advert for Maytree. I sent it to Akeilah and to my complete surprise she said, “You would be great at this”. I was confused. I explained to her how useless I had felt when I was trying to support her and she let me know that my efforts WERE helpful. I was admittedly even more confused. In the days that followed I kept thinking about Maytree. I looked at the advert, read every online resource about the organisation and… applied.

So what do I actually do at Maytree? I am the Community Link worker which essentially means working within the community but also managing the outreach which involves developing and facilitating training; raising suicide awareness; meeting and training professionals; attending training; sourcing services that Maytree can refer to; managing the social media; liaising with staff and volunteers; planning training for the volunteers; writing reports and trying to ensure that we are reaching a wide variety of people etc.

My aims for Maytree are rather vast. I want to contribute to ensuring that the house is always filled with diverse individuals and I hope to support everyone in raising the profile of the charity, particularly for replication. This has been a fantastic time to join the team and I want to thank everyone again for the warm welcome.

I get to read all of the phenomenal feedback and I am happy for places like the support group that my friend attended and Maytree. We really are all superheroes!

Kind regards,
Dee