

The Artemis Charitable Foundation

2022

Annual review





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Introduction



Welcome to the 2022 Artemis Charitable Foundation Review. It has been a great honour to take over as Chair of the Foundation from Lindsay Whitelaw, who led the Foundation from its inception in 2007 and forged numerous relationships with our partner charities that remain strong today. First things first, I would like to thank Lindsay for his wise leadership of the Foundation over the years.

2022 has been another tough year, presenting the world with a myriad of issues to deal with. Following on from the pandemic we were confronted by the shocking invasion of Ukraine, which remains an issue today with the Ukrainian population facing a winter living amongst destruction with its energy infrastructure now under severe strain. The Foundation has supported the Ukrainian people in two main ways. Firstly, the Artemis team came together to fundraise for Ukraine in the immediate aftermath of the invasion and the Foundation and staff donated a total of £19,360 to UNICEF in March. We then supplied our events partner, David Fox-Pitt, with a food truck to support his amazing efforts initially on the Polish border and now in Ukraine itself. Under his banner 'Make pizzas, not war' he and his team are currently feeding pizza to around 4,000 Ukrainians every day. And we are proud that Stephanie, one of our Trustees, was able to personally help in Poland. The war has also added to the cost of living crisis through uncertainty of energy and food supply globally. In response the Foundation made additional donations to City Harvest, Cyrenians and UNICEF to support their work helping the most vulnerable.

Overseas trips are one of the cornerstones of the Foundation. Over the years Foundation Trustees and colleagues have travelled to various countries to witness first-hand the great work of the charities the Foundation supports. This remains an important activity as we engage with these organisations over the long term. In October, Yemi and I travelled to Kampala, Uganda to see the activities of Brass for Africa, a music-based charity which has a well-established life-skills learning programme, along with a support structure supporting a number of initiatives across Uganda. The charity's focus on gender and disability equality was clear to see. As I write, three more of our Trustees (Maria, Mark and Zuoyi) have just returned from West Bengal, India after spending a week with our long-term partner Shivia. The work that Olly Donnelly and her team undertake there is impressive and demonstrates how a well-structured, low-cost model can improve livelihoods in some of the poorest communities on the planet. We are looking forward to returning to more frequent trips next year with visits planned to Malawi with Mary's Meals and back to India with Shivia.

Team engagement is another cornerstone of the Artemis Foundation. The Foundation has also supported our partner charities through the great volunteering that colleagues have undertaken over the years. This year we have seen colleagues volunteer at City Harvest, CHAS, CleanupUK and Cyrenians. This is on top of the numerous hours our colleagues have given with their commitments to smaller local organisations. This time commitment says everything about the culture we have in our business. Of course, the most impressive turnout was for the Artemis Pentland Peaks Challenge. 84 of you took part and another 20 volunteered. We raised an amazing figure of over £100,000 for Mary's Meals and SANE. Thank you all for taking part in the event and making the first year such a success. We have made the decision to run the event again and we hope next year will be even better – though I think it would optimistic to assume such perfect weather again!

To further refine how we can improve what the Foundation delivers we recently sent out a staff survey. Thank you to those that completed it. We will be holding an annual update early in the New Year and we will set out the results then. Whilst it is good to get the information from the survey, we encourage feedback at any time. Please get in touch with any of the Trustees or Marisa with ideas.

I want to finish up by thanking my fellow Trustees for all their hard work, diligence, and wise council over the past year. I also want to say a special thanks to Marisa for all her hard work over the past year, especially with the added task of organising the Artemis Pentland Peaks event in 2022. We have a great Foundation whose success relies on the contributions of our colleagues. I very much look forward to seeing you next year supporting the great work of all our partner charities.

Derek Stuart

How we made a difference in 2022



67 ARTEMIS STAFF
VOLUNTEERED
WITH **PARTNER**
ORGANISATIONS



OVER **£235,000**
RAISED BY STAFF THROUGH
FUNDRAISING
CHALLENGES



OVER **£950,000**
DONATED TO
70 CHARITIES



£40,000
DONATED TO GLOBAL
DISASTERS AND
EMERGENCIES



161 ARTEMIS STAFF
TOOK PART IN **CHARITY**
CHALLENGES



OVER **£77,000**
GIVEN BY STAFF VIA
GIVE AS YOU EARN

Health

SANEline offers emotional support and guidance to anyone affected by mental health problems.

Photo credit: SANE



Core charities

The Artemis Charitable Foundation supports a number of 'core' charities in the areas of Health, Education, Poverty and Environment. The Foundation works closely with these charities, usually on a multi-year basis, to enable greater impact and a deeper understanding of their work. Staff are often given the opportunity to take part in volunteering days, charity trips, fundraising events and workshops with these charities.

SANE

SANE was established in 1986 to improve the quality of life for people affected by mental illness. It provides the UK's only out-of-hours specialist helpline (SANEline) offering emotional support and guidance to anyone affected by mental health problems. SANE's services are open 365 days a year from 10am to 10pm at night and the SANE team makes over 1,200 contacts a month (this is the number of times staff and volunteers have interactions as an individual may be in contact more than once). Along with SANEline, SANE's Community Forum also supports 16,000 members.

2022 saw significant changes as SANE staff returned to the office and the helpline reopened alongside the continuation of the Email and Ongoing Support services which began as a result of the pandemic. The increase in the cost of living alongside isolation and loneliness have struck people hard this year. Many callers reliant on benefits and/or pensions cannot afford the quality of food they had before and are limiting what they eat on a daily basis as well as putting

on a heater in one room for just an hour a day. In spring 2022 SANE launched a new website which has reached over 145,000 people and provides easily accessible information and support – the most visited page is Emotional Support.

"The Artemis Charitable Foundation's generosity has allowed SANE to plan ahead and ensure we can continue to support those affected by mental illness including families and carers who are so often forgotten. The Charity Committee and Artemis staff have been wonderful embracing SANE, sharing information and raising awareness of the help available – equally valuable. Our greatest thanks."

Marjorie Wallace, CBE, SANE Founder and CEO





The Artemis Charitable Foundation supported the creation of a paediatric surgical facility in Kenya.

Photo credit: Kids Operating Room

Kids Operating Room

In 2022 the Artemis Charitable Foundation adopted **Kids Operating Room (KidsOR)** as a core health charity after supporting the training of Burundi's first ever paediatric surgeon in 2021 and helping to fund a new dedicated paediatric surgical facility at AIC Kijabe Hospital in Kenya (pictured).

Around the world 9 out of 11 children (1.75 billion) lack access to safe surgery. Without that access, accidents cause life-long disability while easily treatable illnesses become deadly. KidsOR works to ensure that more children have access to safe surgery. They provide specialised training to build local surgical capacity and also install state-of-the art Operating Rooms dedicated to children's surgery.

2022 saw several milestones for KidsOR including installing their 50th Operating Room at the start of the year (Komfo Anokye Teaching Hospital, in Kumasi, Ghana) and opening the world's first paediatric Operating Room in a refugee camp in June (Kakuma Refugee Camp, Kenya).

Kids Operating Room has continued to transform paediatric surgery in low and middle-income countries and has recently reached the monumental milestone of over one million disability years prevented. Since launching in 2018, Kids OR has undertaken over 72,000 life-changing operations.

"Our incredible growth in 2022, and our ambitious plans to scale up as we move forward, are in no small part due to the key role played by the Artemis Charitable Foundation. Through this partnership, the Artemis Charitable Foundation has contributed significantly to KidsOR's aim to train local people and support our vision to ensure every child has equal access to the safe surgery they deserve."

Lesley Glen, Chief Operating Officer, KidsOR

Poverty/Community UK

City Harvest

City Harvest puts surplus food to good use in a sustainable way by distributing it for free to 375+ charities, food banks, schools and community groups across London that feed people facing food poverty.

The cost-of-living crisis is having a major impact on food poverty in London. Many families are being pushed into poverty and needing to make the heart-breaking decision between eating or heating their homes. 13.8% of households in the UK experienced food insecurity in April – a 57% rise from January – and 2.4 million adults went at least one day without eating because they couldn't afford food. In London, food banks and local community organisations are on the front-line, and this means there has been huge pressure on City Harvest's charity partners to provide food throughout the crisis. City Harvest has been there to meet this demand.

In 2022 City Harvest delivered 12,984,371 meals to charity partners feeding people in need. Over the last 12 months, the Artemis Charitable Foundation-sponsored food rescue van (pictured) has:

- Rescued 301,798 meals worth of surplus food from the food industry
- Delivered 838,250 meals to charities across London
- Provided food worth £1,672,309 to charities for free, saving them costs on their shopping which they can spend on their other vital services
- Prevented more than 1,338 tonnes of dangerous greenhouse gas emissions

"The Artemis van is on the road every day getting food to some of the most vulnerable people in London. This year has been a difficult one for so many families in our capital, as the cost-of-living crisis has meant more and more people are seeking the support of food banks and food charities. Through this crisis, the Artemis van has been on the front line, and has brought hope to so many people facing the most difficult circumstances."

Steve Winningham, Interim CEO, City Harvest

10 Artemis staff took part in a volunteering day with City Harvest in May (see page 29).



Laura Winningham, Co-Founder of City Harvest, with Derek Stuart and Emma Maher (Trustees of the Artemis Charitable Foundation) and the Artemis food recovery van.

Photo credit: City Harvest



Alexandra Rose provides 'Rose Vouchers' to families in need which can be spent on fruit and vegetables at local markets.

Photo credit: Alexandra Rose

Alexandra Rose

Alexandra Rose works with children's centres in the UK supporting disadvantaged families with young children to access healthy food and form healthy eating habits. They do this by providing 'Rose Vouchers' to families in need which can be spent on fruit and vegetables at local markets.

Alexandra Rose's local partners continue to report higher levels of food poverty being experienced by more families, with increased referrals to emergency food providers (foodbanks) and some families completely reliant on emergency food aid for the entirety of their sustenance. The deepening cost-of-living crisis is now highlighting the combined social challenges of food poverty and diet-related ill health more than ever before. Consequently, there is now greater interest from policymakers in financial incentives to improve people's diets and tackle food poverty.

Alexandra Rose's response has been to do whatever they can to meet increased demand – expanding their projects and providing 33% more Rose Vouchers than in the previous 12 months, as well as responding to new opportunities with local and strategic partners to further their mission to give families access to fresh fruit and vegetables in their communities.

From October 2021 to September 2022, 3,458 families benefited from the Rose Vouchers for Fruit and Veg Project through local partner support and the provision of £539,200 worth of Rose Vouchers, up from £406,607 in the previous 12 months from October 2020 to September 2021. The project is now established in 8 areas with 59 children's centres, 11 street markets (with 54 independent traders), 2 convenience stores, 5 greengrocers, a foodbank, a food cooperative and a community food pantry. Alexandra Rose is now regularly supporting 2,800 families.

"Rose Vouchers make a big difference. I found myself buying more fruit and veg, it's really made a difference in what my children are eating. I've just come from Ridley Road market and bought some veg for our dinner."

Manel, a mum from Hackney

Shivia

Shivia aims to empower people living below the poverty line in rural West Bengal in India to earn an income from home. It provides the tools and training that those most in need, particularly women, require to work their way out of poverty and build a brighter future.

In 2022 West Bengal suffered from an unusually long and intense monsoon period, resulting in severe flooding and damage to farmers' homes and crops. Shivia was able to work with 4,586 farmers and help them to recover from the impact of both COVID and these extreme natural events. They were also able to reach many more people beyond West Bengal through new partnerships. For example, Shivia has extended its programmes to Chhatna, 230 km northwest of Kolkata in the District of Bankura and home to thousands of very poor families. They have employed a team of five Livelihood Supervisors in the region and have so far distributed 250 poultry farming toolkits to 194 very poor households.

Elsewhere Shivia distributed 13,253 poultry toolkits to 610 existing farmers and 746 new farmers in West Bengal bringing the total farmers they have helped to 1,356. They formed 12 groups comprising 374 members in this period and now 1,458 of Shivia's farmers operate successful poultry enterprises completely independently of Shivia. This proves the true sustainability of the approach that Shivia, and others in the sector, strive to achieve.

During the year, given schools remained closed for five months of this reporting period, many of the women chose to spend their additional income on data for their mobile phones so that their children could access online learning; without this it is likely they would have dropped out of formal education altogether. When children in India – especially girls – are not in school their risk of child marriage increases, their access to sexual and reproductive health services decreases and their access to economic opportunities falls. Since schools re-opened in February 2022, most Shivia's farmers' children have returned to school and their farmers have been focusing on re-building their lives and enterprises.

"Our work in partnership with the Artemis Charitable Foundation is creating significant, positive change to some of the world's poorest people especially at a time when they really need us; the aftermath of the COVID pandemic and these extreme weather events has been devastating but our work is no doubt providing brighter futures."

Olly Donnelly, CEO, Shivia



Farmer on Shivia's Poultry Development Services Programme, Chhatna, West Bengal.

Photo credit: Victoria Denison

Poverty/Community international

Brass for Africa

Brass for Africa delivers music education integrated with life-skills training to disadvantaged children and young people in Uganda, Liberia and Rwanda. Music is an incredibly powerful tool to engage and transform and Brass for Africa uses music to champion its four strategic goals of workplace readiness, community empowerment, disability inclusion and gender equality.

The impact of the COVID-19 pandemic has continued to cause difficulties across sub-Saharan Africa this year. One of the harshest lockdowns, perhaps, occurred in Uganda, when the majority of “non-essential” sectors were ordered to cease operations. This included schools, which reopened in January 2022 after nearly two years of closure. The impact of such measures has had a brutal effect on the lives of our participants, their families and the communities at large. During such times of uncertainty, sub-Saharan Africa has witnessed a soaring rise in street children, domestic violence, crime and unemployment amongst other push factors.

The Brass for Africa team thankfully was able to fully focus on its aim of ‘creating brighter futures’ thanks to the generous support of its donors – in some cases, to truly save the lives of some of the most overlooked young people who have

fallen through the cracks of society. Despite all the challenges faced during the pandemic, Brass for Africa has doubled its impact now providing 1,980 beneficiaries with Music and Life-Skills Education twice a week, 40% of which are girls.

In the summer of 2022, 12 of Brass for Africa’s talented young musicians from Uganda travelled to Europe to perform in some of the world’s most prestigious festivals and venues. Following this success, they have now been invited to tour Spain in April 2023 on their first-ever orchestral project, “KISOBOKA” (Everything Is Possible).

“Together we have brought hope and opportunity to thousands of marginalised young people. The need is still high, and there is much work to do, but we feel ready and able to carry out our ambitious objectives with Artemis by our side.”

Andrew Agassi, Uganda Country Director, Brass for Africa

In March, 29 Artemis staff took part in Brass for Africa’s “Race for Equality” challenge cycling, running and walking over 10,000 km to raise funds for Brass for Africa. See page 45.

In October, two of the Artemis Charitable Foundation’s Trustees – Yemi Emiola and Derek Stuart – visited Brass for Africa’s programmes in Uganda. See page 37.



Brass for Africa works with orphans, ex-street children, refugees and marginalised young people.

Photo credit: Brass for Africa

Education



Raimonda and her son Faustas, 4 at the Reach Academy in Feltham.

Photo credit:
Save the Children

Feltham Early Learning Community

In 2022 the Artemis Charitable Foundation adopted Feltham Early Learning Community as its core education charity. The Reach Foundation and Save the Children launched the Feltham Early Learning Community in 2018 as part of a national initiative. The Early Learning Communities programme aims to improve early learning outcomes for children growing up in poverty in the UK. The programme has three distinct workstreams which aim to build parental capacity by reducing parent stress, building adult capabilities and increasing community support and social cohesion. The programme now reaches over 5,000 children and their families through its interventions, which are always free to access.

The Early Learning Communities programme works with families in their first 1,001 days – from conception through to two years old – which is both an extremely important and vulnerable time for parents, as well as a crucial development stage for children. What happens during this period lays the foundation for every child’s future, and sets the groundwork for children developing emotional wellbeing, resilience and adaptability.

The Feltham Early Learning Community is exploring how working together through a whole system approach can fundamentally change the way children living in poverty are supported to learn and develop. Families in Feltham can access a range of universal and targeted activities, all of which model positive parent-child relationships, trauma-informed practices and which provide opportunities for parents to develop as leaders and co-facilitators. Activities include: Stay & Play sessions, a community choir,

holiday activities, SENsory play for children with additional needs, community organising campaigns, Family Links parenting courses and parent mental health workshops.

In 2022 the Early Learning Communities programme was asked to work with the London Borough of Hounslow in their development of three Family Hubs across the borough, in line with the government’s manifesto commitment to deliver a Family Hubs programme in local communities across England. They will consolidate the Early Learning Community offer in the West of Hounslow, working with statutory and discretionary services including health visiting, midwifery, Early Help, Children’s Centres and Community Solutions to lay the foundation for a 0-19 Family Hub with a strong ‘start for life’ offer, before supporting other institutions in the central and East localities to set up their own Hubs, thereby achieving change at a systemic level.

“I learnt how to interact with my baby in a meaningful way, play and talk. The course was truly helpful, knowledgeable and full of fun ideas.”

Feltham Early Learning Community parent





Wizard Theatre cast perform
'I Love You Mum – I Promise I Won't Die',
March 2022.

Photo credit: DSM Foundation

Daniel Spargo-Mabbs Foundation

The Daniel Spargo-Mabbs (DSM) Foundation is a drug and alcohol education charity founded in 2014 by Tim and Fiona Spargo-Mabbs in response to their son Daniel's death aged 16 having taken ecstasy. Dan was bright, funny, kind and popular, and his parents felt if this could happen to him it could happen to anyone. They were determined to do all they could to prevent any harm happening to other families through drugs.

In 2022 the impact of COVID on young people's use of drugs, and ability to manage risk, continues to be seen, and to be unsettling. There has been an increase in reports of young people overdosing on cannabis, having consumed it in various edible products, especially gummies and chocolate. We have also seen vaping overtake alcohol as the substance most widely used by 15–18-year-olds in ongoing our student survey.

Use of illicit drugs by young people has been increasing in recent years, and although the most recently published data on school age children (NHS Digital, 2022) has shown a decline in 11-15-year-olds who had ever taken drugs, following a rise over previous years, it is still above 2014 levels, and the impact of COVID-19 during this time will inevitably have affected behaviour. The data also contain some trends of potential concern. The percentage of pupils who said they had taken drugs on the most recent occasion to 'forget my problems' has jumped up from 19% in the previous (2018) survey to 27%, by far the highest on record, and it was the second biggest reason given by 11- and 13-year-olds, a very different pattern from previous years. This is a concern amidst reports of rising levels of adolescent mental ill health (NHS Digital, 2021).

The Daniel Spargo-Mabbs Foundation has continued to deliver drugs education which this year exceeded pre-pandemic (2019-20) levels, which means the charity has remained on a trajectory of growth despite a full year of COVID restrictions limiting access to schools (2020-21). The charity gained 89 new schools, colleges, and organisations (42 in 2020-21) adding to the total number of 483 institutions with which they have worked or are working. DSM Foundation's drug education lesson resources for teachers were also made available free for schools to download direct from their website last year for the first time, and their reach tripled, being used by 155 schools (56 schools in 2020-21).

With restrictions in schools now easing, the charity was able to return to live Theatre in Education tours of their play 'I Love You, Mum' into schools and colleges in Spring 2022. They

re-commissioned Wizard Theatre to tour for ten weeks in London and the Southeast, and they performed a total of 75 times, reaching 11,213 young people. Following performances, 92% of students reported that they knew more about the risks of drugs, 91% said they had learned more about the potential consequences of taking drugs, and 91% said they understood more about the impact of drug use on others.

"It's so exciting to see such great opportunities opening for us to reach young people across Scotland with drug education, and it's thanks in large part to funding from the Artemis Charitable Foundation, from our first small steps in 2019, to the high level, nationwide support we're now seeing."

**Fiona Spargo-Mabbs, Director and Founder,
DSM Foundation**

Environment

ClientEarth

ClientEarth is a charity with a unique approach – using the power of the law to create systemic change that protects life on Earth. Their work focuses on changing the system – informing, implementing and enforcing the law, advising decision-makers on policy and training legal and judicial professionals.

ClientEarth helps governments to write environmental laws and regulators to enforce them. They have saved Europe's oldest forest from destruction, smoothed the way for environmental lawsuits in China, and helped communities in Africa's last great rainforest cut illegal logging. They work on the cases that will help set precedents worldwide. Below are just a few examples of their recent wins:

In July 2022 ClientEarth won a landmark victory for climate justice against the UK Government. The High Court found that the Net Zero Strategy for decarbonising all sectors of the UK economy failed to meet the Government's obligations under the Climate Change Act. This law requires the government to produce detailed climate policies showing how the UK's carbon budgets will be met. Now the government must update its climate strategy with a detailed account of how its policies will achieve climate targets, based on a realistic assessment of what they will deliver.

ClientEarth also challenged the European Commission to review what it considers 'sustainable investment'. Currently the list includes bioenergy, bio-based plastics and chemicals used to make plastics. This is unlawful, so ClientEarth are challenging it.

In September, eight Torres Strait Islander people won their case against the Australian Government. This was the very first legal action brought forward by climate-vulnerable inhabitants against a nation state. It's also the first time that an international tribunal has found that a country has violated human rights law through inadequate climate policy.

"The support of the Artemis Foundation has been instrumental to ClientEarth's success this past year. Together, we have fought for stronger climate policies, defended nature and public health, and made important progress towards abandoning fossil fuels. Our achievements continue to prove that a greener, more sustainable future is possible"

Stefanie Pfeil, Chief External Affairs Officer, ClientEarth



ClientEarth lawyers Sam Hunter-Jones and Sophie Marjanac outside the High Court on the first day of the Net Zero hearing.

Photo credit: ClientEarth

Global Action Plan's Clean Air Manager for Children, Hannah Battram, filming at a school in Watford for BBC Newsround ahead of Clean Air Day.

Photo credit: Global Action Plan



Global Action Plan

Global Action Plan (GAP) is an environmental charity focused on issues where the connection between the health of people and our planet is most tangible. Its mission is to tackle the root causes of climate change and the nature crisis by producing research, campaigns and collective action that reconnect human and environmental health.

This year, with the backdrop of the Glasgow COP26 climate summit and the conflict in Ukraine, young people have been keener than ever to channel their anxiety about the challenges of climate and conflict into action at all levels. GAP supported 16,000 young people to design and lead practical projects in 39 schools across England. They have taken practical action such as fundraising for Ukraine, campaigning for Muslim equality, growing fruit & veg for the school and wider community, supporting local foodbanks, tree planting, litter picking, raising awareness of mental health.

An estimated 25,000 young people also took part in GAP's Transform our World summit, which ran for four days alongside COP26. 50 young people participated in the co-creation and delivery of the summit, including presenting information and taking part in discussions. The summit featured as part of the Blue Zone exhibition at

COP26 and was live streamed to delegates in Glasgow.

"Air pollution is the invisible killer that affects us all. Poorer communities are disproportionately affected, and the current cost of living crisis threatens to deepen this inequality. We would like to thank Artemis staff for taking up their climate challenge so enthusiastically, by making simple changes to their daily lives for the health of us all".

Andrew Pendleton, Acting CEO and Director of Strategy and Advocacy, Global Action Plan

In June 69 Artemis staff took part in the Artemis Climate Challenge raising £7,150 for Global Action Plan (see page 46).



Charity of the Year

Children's Hospices Across Scotland

Our 2022 Charity of the Year partnership with CHAS raised an incredible £46,978.82.

Below is a message from CHAS for the Artemis team:

To all the amazing staff at Artemis,

On behalf of everyone at CHAS I wanted to say a huge thank you to each and every one of you for supporting children with life-shortening conditions and their families over the last year.

Knowing that your child will die young is devastating. But you have brought joy, laughter, and precious memories to families facing this unthinkable reality. I'm delighted to let you all know that together you raised an astonishing £46,978.82!!! We really cannot thank you all enough for this very special gift.

We were delighted that colleagues not only took on a number of challenges to raise vital funds for CHAS, but also got stuck in with some gardening at Rachel House, and of course sponsoring, attending, and volunteering at our 10th Fawkes-y Ladies Lunch in Edinburgh which raised more than £200,000 gross!

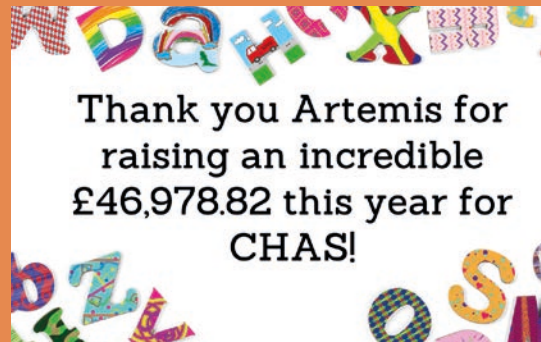
Thank you all so much again for your incredible generosity and support.

With warmest wishes,

Angharad and the whole team at CHAS x

109 Artemis staff took part in 'Fundraising February' (see page 44) in support of CHAS.

Eight members of the Artemis team took part in a volunteering day at CHAS in September (see page 35).



Coming up next year...



Our 2023 Charity of the Year will be **Dementia UK** – the specialist dementia nurse charity. Its nurses, known as Admiral Nurses, provide support for families affected by all types of dementia. When families feel exhausted and overwhelmed and don't know where to turn, they are a lifeline.

Artemis staff will have plenty of opportunities to get involved with Dementia UK throughout the year, including through fundraising events and volunteering where possible.

Cancer Charity of the Year

Once again this year we received an incredible response from staff to our request for nominations for the Cancer Charity of the Year. As a result, the following eight cancer charities received donations from the Foundation:



Global disasters and emergencies



In January the Foundation made a donation to UNICEF's Tonga response, following the violent eruption of the Hunga Tonga-Hunga Ha'apai underwater volcano. The eruption – one of the biggest in Tonga in the last 30 years – triggered a 1.2-metre-high tsunami that crashed ashore in coastal areas of Tonga's capital, Nuku'alofa. UNICEF shipped 10 metric tons of emergency supplies to Tonga to support the most vulnerable children and families. Supplies include water, sanitation, and hygiene kits, jerry cans and buckets, and recreational kits for children.

In March the Foundation donated to UNICEF following the escalation of the war in Ukraine and the Artemis team also came together to fundraise. In total the Foundation and staff donated £19,360 to UNICEF to help them reach vulnerable children and families in Ukraine with essential services – including health, education, protection, water and sanitation – as well as life-saving supplies.

In addition, many of you will know David Fox-Pitt who organised the Artemis Great Kindrochit Quadrathlon for many years and is now working with Artemis on the Pentland Peaks Challenge. When David heard about the plight of Ukrainian refugees, he loaded up the Wildfox Events van – complete with pizza oven – and drove down to Poland to serve food to the refugees coming over the border. Since then, the operation has grown and the Artemis Charitable Foundation has now helped David and his charity, Siobhan's Trust, to purchase a food truck to help them 'go mobile' and help more refugees fleeing the conflict in Ukraine.

In June the Foundation made donations to City Harvest (London), Cyrenians (Edinburgh) and UNICEF (international) to support their work helping people cope with the ongoing cost of living crisis. Soaring energy bills, food prices and a 30-year high inflation rate have affected almost all households. These three longstanding partner charities of the Foundation are helping the most vulnerable to cope with the impact of the crisis.

The Artemis Charitable Foundation helped Siobhan's Trust purchase a truck to feed refugees in Ukraine.

Photo credit: Siobhan's Trust and David Fox-Pitt

Other charities



Shelter from the Storm provides secure sleeping pods for people experiencing homelessness in London.

Shelter from the Storm

Shelter from the Storm is a completely free emergency night shelter in London providing bed, dinner and breakfast for people who have experienced homelessness. In February, the Foundation made a donation to Shelter from the Storm to support their project to double the number of beds the charity provides to 36, as well as improve the quality of the accommodation they offer. Shelter from the Storm reimagined their bedroom spaces to address the issues of providing privacy, a reassuring sense of security and a more permanent solution for their dormitories. The resulting 'sleeping pods' have been a huge success.

Tiny Changes

Early intervention is essential to improve mental health, however public services are currently struggling to cope. In March the Foundation made a donation to Tiny Changes, a charity set up in Scotland to support people and projects that positively impact young people's mental health. Tiny Changes raises money to fund ideas that help young people, change attitudes, deepen understanding and provide much-needed support to young people (0-30yrs) in communities all over Scotland.

BelEve

In July, the Foundation supported BelEve's Lead Her Ship programme, which aims to transform the lives of 40 girls in London aged 12-15 years who are from low-income families, have low self-esteem, and low aspirations for the future. BelEve is a grassroots female-led charity working in Lewisham and neighbouring boroughs of London. Its objective is to equip girls from disadvantaged backgrounds with the skills, confidence and self-belief they didn't have before to make informed choices about their wellbeing, education and career aspirations. They do this through one-to-one mentoring, peer mentoring, group support and workshops. This includes life-skills training, workshops on sense of self, inspirational networking events with positive female role models, setting life goals, managing feelings and regular mental wellbeing sessions.

Christmas 2022

Crisis & Cyrenians

In November the Foundation made a donation to Crisis at Christmas in London, a huge volunteer programme aimed at bringing vital services, warmth, companionship and safety to homeless people at one of the hardest times of the year. The Foundation also donated to Cyrenians, which supports people in Edinburgh excluded from family, home, work or community on their life journey.

Artemis staff wore Christmas jumpers and accessories on 7th December 2022 raising a total of £3,192.40 for Crisis.

Solace/Edinburgh Women's Aid

The Foundation also made donations to Solace and Edinburgh Women's Aid in London and Edinburgh in December. These two charities offer advice and support to women and children who have survived abuse and violence, helping them to build safe and strong lives. The rise in living costs has made it harder for women and their children to leave violent and abusive situations. 96% of survivors say that the cost-of-living crisis is making their abuse worse and 73% of survivors say they are scared to leave their abusive home because of fears over finances. The Foundation made donations to Solace and Edinburgh Women's Aid so that they can ensure that the women and children they support have a brighter Christmas and also so that they can provide food and other essentials for those in need over the coming year.



Artemis staff wore Christmas jumpers and accessories in December to raise funds for Crisis.



Alexa Ploscar, Ben Naismith, Christina Jung, Derek Stuart, Emma Maher, Greg Jones, Michael Browning, Omar Chergui, Sophie Lewis and Yemi Emiola took part in a volunteering day at City Harvest in May.

Staff volunteering

The Foundation makes donations to charities that staff volunteer with independently of Artemis. Please contact Marisa Charosky if you volunteer with a charity on a regular basis.

Don't forget you can request up to 5 days of charity leave (at your line manager's discretion) per year to help out with charitable projects.

City Harvest – a day at the depot

"I recently visited City Harvest as a volunteer for the afternoon and was simultaneously excited and unaware of what activities lay ahead. Coordination was planned by Emma, with Risk and Compliance's Sophie making sure we put the end client first, difficult with so many snacks available. Technology's Yemi was instantly promoted to pallet master and the insatiable energy of founder Derek was an example to all.

Such was our enthusiasm we skipped lunch and breaks, working to fill as many crates as we could for outbound transmission to those who need help, whether in homeless shelters, food banks, soup kitchens and refuges for a number of people supported through over 350 charities. Our City Harvest coach for the day was Izzy, a person whose enthusiasm for the cause was a real driver for our team.

Learnings from the day in no particular order: The world discards around 30% of all food produced yet there is abject food poverty in almost every country. Through distributing these surplus supplies, City Harvest is helping to create a sustainable solution to food poverty, improving people's health and wellbeing and significantly reducing harmful emissions from sending decaying food to landfills. All in all it's a win, win, win!

Everyone on our team wants to volunteer again. There is a strong appetite for visiting some of the charities to see the effect City Harvest has on those who really need help, though competition for these places is tough. I would highly recommend volunteering if you are able because giving up a small amount of your time can be lifesaving. It also gives you a warm fuzzy feeling and if you're persuasive you might end up with a free bag of Marmite bakes :-)"

Greg Jones



33 Artemis staff took part in the fourth annual Profit Hunt challenge

The Profit Hunt

"In April we completed the fourth Artemis Profit Hunt Competition in conjunction with Arrival Education. The 12 teams from six London schools that got involved were certainly tested as stock markets globally reacted to world events. Indeed as we have seen with previous Profit Hunts the teams' preference for high growth, technology names proved particularly volatile and certainly tested their mettle.

Along with creating and managing a portfolio of five stocks over six months the teams gave a presentation on one of the stocks they had bought, about working as a team and what they had learnt about investing. They also had the opportunity to quiz Pearson CEO Andy Bird. His previous role at Disney made him a particularly interesting guest and the students kept him at the Artemis offices for some time as they asked questions about his fascinating career.

In the end the winners of the competition were team Investigators (Idman, Krisha, Asher, Ali and Zakaria), mentored by Craig Bonthron and Rosalie Brown. Their prize was to spend a few days at the Artemis London office with a variety of our colleagues from different parts of the organisation. We ended the week with a slap-up lunch at Chutney Marys. We have just started Profit Hunt 5 and the enthusiasm is high. Let's hope markets are more friendly to this group!

Our thanks to all the mentors and colleagues across Artemis who make the Profit Hunt work."

Nick Shenton & Derek Stuart

"The programme has definitely opened more doors for me. Seeing the different aspects of the working world and finding what fits me. Before this programme, I would have never considered a career in this field but now I am definitely more interested."

Arrival Education student

Internships

Artemis provided four students from Arrival Education with internship placements in 2022. Four more students from The Robertson Trust (a charity which helps young people to overcome financial and social barriers in Scotland) also took part in the Artemis internship programme in 2022.

Cyrenians – fun on the farm

In June, eight Artemis volunteers travelled to Kirknewton in West Lothian to help out on the Cyrenians Community Farm. The farm is a social enterprise; a working farm producing fruit, vegetables and eggs. It's also home to a community of vulnerable young people, many with experience of homelessness. The Farm grows food and helps the community to grow people, providing a range of opportunities for individuals to develop skills and confidence as a step towards a settled lifestyle.

“Biking out to the farm on such a warm day initially seemed like a big (sweaty) mistake but I immediately found solace in discovering our task involved a compost heap far earthier than myself. I needn't have worried as the team soon joined me in a similar state of exertion after the hoes, spades and rakes were divvied up and work began.”

We worked together well and it wasn't long before trenches were dug, pallets repaired and

feats of physical strength had been performed with the post hammer to create the compost areas required

The ringing of the lunch bell was very much welcomed by all. Doubly so, when presented by a menu of long-stemmed broccoli & chicken pot pie, chickpea curry & naan with raspberry frangipane all prepared by Nourish, the farm's catering social enterprise.

Our tools remained downed for the remainder of the afternoon as we transitioned to the educational portion of the day, treated to a historical overview of the estate from its inception to current day. This was rounded out by a visit to the walled gardens where we were educated on the flora and its uses, culminating in a day that was equally good for both body and mind.”

Andy Telfer



Adriano Castelli, Andy Telfer, Craig Bonthron, Eilidh Bett, Euan Murray, Marcin Surdy, Margaret Cowan and Michelle Davidson took part in a volunteering day at Cyrenians Farm in June.



Stephanie Sutton, Trustee of the Artemis Charitable Foundation, visited the Polish/Ukrainian border to volunteer with Siobhan's Trust.

Helping displaced Ukrainians

“I joined a group of Siobhan's Trust volunteers for a day of handing out pizza to displaced Ukrainians near Warsaw at the end of May. It was great to be part of a team of volunteers who have put their own lives on hold to go and help others. The initiative stemmed from David Fox-Pitt (who is organising the Pentlands Peak challenge for Artemis) driving a pizza truck to the border when the conflict broke out to support refugees crossing into Poland from Ukraine. Some of the volunteers who had been there at the time reported distressing sights of young children not appropriately dressed for the weather fleeing their country with very few possessions. They started by making pizza/soups, anything hot to sustain the refugees who might have had to stand for hours on end to cross the border.

Over time as things progressed Siobhan's Trust moved into Ukraine. The initiative is so much more than feeding the displaced though, it is bringing comfort, distraction and some fun for a short time to people whose lives have been put on hold for an indeterminate period of time. These women and children have left home without knowing when they will come back and what they will find there when they do.

It was a privilege to spend 36 hours with them, getting to know the volunteers and being part of making and serving the pizza. On your feet all day, smiling and trying to provide comfort and support. We also participated in a big children's event - it was National Children Day in Poland - thousands of orphans (or at least status of parents unknown) in a big field. This had the atmosphere of a big summer party with slides and activities for the kids. What was really missing from the atmosphere and what you

normally expect is the noise and the sound of children shrieking with pleasure and laughter. It was eerily subdued. Many of the kids looked older than their years.

After a few hours and many pizzas served, we moved to a refugee centre. Women and children living in a relatively dilapidated building. We put the music on, served pizzas and ice cream and brought smiles to faces. We were lucky to have toys to give out as well, the joy of the children was so good to see. What you realise is that, more than the food it is the distraction, the support that Siobhan's Trust and their volunteers are bringing to these displaced women and children that really makes a difference. Can you imagine a life of waiting, not knowing when you will go back and what you will find when you get there? Putting your life on hold in a different country waiting for the conflict to be resolved and waiting to hear news from the men who stayed behind.

Finally we heard of another refugee centre in need of help, so yet another round of pizza making and smiling. A few of the women approached us to ask where we were from and to say thank you for the support. Knowing that the world is behind their cause means so much to them.

By the end of the day, I was exhausted. The next day, I flew back to London whilst the volunteers were back making pizzas, bringing their energy and support to more displaced Ukrainians.”

Stephanie Sutton





Alexa Ploscar, Christina Jung, Clare Hurley, James Gould, Matthew Olatunji, May Laghzaoui, Michael Browning, Sheena Kelman and Yemi Emiola took part in a litter pick with CleanupUK in September.

Litter picking in London

"An enthusiastic group of nine Artemis employees ventured out on a bright yet crisp October morning, volunteering our time to pick up litter in Southwark Park, in Rotherhithe, with CleanupUK. CleanupUK is a charity supported by the Artemis Charitable Foundation which helps people to combat the litter problem where they live. Their mission is to bring about stronger, safer and more integrated local communities by involving people in litter-picking.

After meeting at a local cafe for a briefing by George and Roisin from CleanupUK, we each donned our obligatory Hi-Viz vests and were furnished with gloves, a grabber, bin bags and a bin bag holder hoop (there must be a technical name for this gadget). We split into groups and headed out into the expansive park. The team was lucky in that the rain held off for almost all of our time. Our task was simple: pick up as much litter as possible within the allotted time. The park was already quite clean and presentable which did make filling up our bin bags more of a challenge. Wandering round a park, eyes down, for a few hours and picking up other people's detritus may not seem like a thrilling way to spend a Friday morning, but it is something that I find quite enjoyable, meditative and rewarding; unlike many things in life, the results are immediate

and it feels good to be improving an area for the enjoyment of the local community. I can sometimes be found out and about doing the same round my local area in Essex, having been inspired by previous litter-picking volunteering events I've participated in. A few hours of litter-picking leaves one with the almost superhuman ability of being able to instantly discern a cigarette butt from a similar looking twig or some other organic material on the ground; vision becomes laser-focused. The most unusual find on the day? There were some good contenders but Michael's discovery of a discarded large, heavy metal canister may have topped it.

When time was called we hauled our bags to the collection point (an impressive 17 full bags in total from the team's collected efforts), posed for a quick team photo and then headed back to the Lodge Space Cafe for a rest, lunch and a final talk by the very grateful George, Chief Executive of CleanupUK."

James Gould

Helping out at Rachel House

"Our day spent at Rachel House (a children's hospice in Fife run by our 2022 Charity of the Year CHAS) was more rewarding than I expected. Having heard how important this place is to the CHAS families, I was very glad to help keep the gardens around the hospice looking beautiful. It also turned out to be a very rewarding day of physical activity and exercise!

I am not much of a gardener, so I was expecting not to enjoy myself as much as I did. I was worried I would pull out perfectly healthy flowers in the name of weeding, so I left that to the experts - Caroline, Lesley and Marisa. Trimming the hedges turned out to be a lot of fun, Shirley Ann and I had some fun trying to shape them. Mark and Marcin soon found themselves an exciting project cutting down ivy that had grown over a wall and across a fence. This looked both exciting and dangerous, so I went on the hunt for

my own. Taylor and I had a much easier time with our ivy which just peeled of the wall in one big carpet. We expect the ivy to have taken over the wall again next year, I encourage you all to have a go at it, I guarantee it is a good time.

We were all proud to see how full the skip was at the end of the day and how nice we left the garden. It was a really lovely day, thanks to Marisa and CHAS for organising it."

Sharon Ivan



Caroline Duff, Lesley Kilbo, Marcin Surdy, Marisa Charosky, Mark Niznik, Sharon Ivan, Shirley Ann Donaldson and Taylor McKillop took part in a volunteering day at CHAS in September.

Micro-charities

In 2022 the Foundation's micro-charities initiative donated over £5,000 to small charities close to the hearts of the Artemis team.

The micro-charities initiative gives out small grants intended to support grassroots community organisations in the UK. It is aimed at charities which deliver services at a smaller scale than the Foundation's larger 'core charity' partners but make a huge difference in the communities in which they operate.

Stargardt's Connected

"I nominated a charity called Stargardt's Connected for a small grant from the Artemis Charitable Foundation in April. Stargardt's Connected is a charity which has been set up and is run by my good friend Bhavna Tailor. We first met when our children were at the same nursery, but then they carried on and went to the same primary school as well, so we have known them a very long time.

Bhavna's son, Ethan, started to lose his sight due to Stargardt's when he was around 8-yrs old. He is a resilient and upbeat boy and never lets anything get him down about his situation, a true credit to his parents. Stargardt's had no charities set up and it seemed that those who suffered from this disease were pretty much left without any help or connections. This is when Bhavna set up the charity, to bring together all those who are affected by Stargardt's.

They are a very small charity and Bhavna has worked tirelessly to raise awareness and to try to find answers for any research as, unfortunately, there is no cure. Thank you to the Artemis Charitable Foundation for donating to this incredible charity that punches well above its weight."

Dawn Timothy

If you know of a small charity making a big difference in your local community please get in touch with Marisa Charosky or a member of the Charity Committee.

Charity Trips



Yemi Emiola and Derek Stuart (Trustees of the Artemis Charitable Foundation) visited Brass for Africa's programmes in Uganda in October.

Visiting Uganda with Brass for Africa

"Following a long journey from Europe our eclectic group of 10 Brass for Africa supporters were met with shouts of excitement as the music filled the air when we stepped off the coach. The local community band had taken over the street, and we joined them to march and dance our way to the BfA headquarters. Their joy was infectious, and this carnival scene would be repeated many times. Derek claimed the Head of Biscuit Dispensary role on the coach which earned him a special BfA shirt.

Our itinerary was meticulously planned, and we experienced a roller coaster of emotions visiting 13 different BfA programmes; centres for autism and disability, organisations working with vulnerable youth and women, a hospital for amputees, a prison, an island community devastated by HIV, and a school which aims to assist the "most vulnerable children that are unlikely to live past 5 years old".

Most evenings were spent decompressing and contemplating the events of the day. We were unexpectedly invited for dinner at the High Commissioner's residence where the BfA band played to her family. We also enjoyed an evening at the local Jazz Bar with the BfA team who know how to have a good time!

We ventured through impoverished settlements such as Katwe, made famous by the Disney movie filmed there. Far from a fairy tale, many BfA teachers and students still endure these conditions, and/or support family members in settlements. We visited the modest home of a BfA student and her family of five which consisted of a single damp room, similar in size to an Artemis sleep pod. Electricity and running water were considered luxuries here.

The last stop on our journey was where the BfA story began in 2009, the Good Shepherd Home. Originally an orphanage but now a 'poor house' for people with mental and physical disabilities. The profound difference that the music and the enthusiasm of the BfA teachers made to this environment left nobody in doubt of how BfA 'creates brighter futures through music.'

Yemi Emiola



Maria Ryder, Zuoyi Zhou and Mark Niznik (Trustees of the Artemis Charitable Foundation) visited Shivia's programmes in West Bengal in November.

Visting West Bengal with Shivia

"Arriving in Kolkata we were met with the hustle and bustle of the city; vibrancy and energy at every turn. The atmosphere was electric. Whilst the main roads were filled with horns and questionable driving techniques, the back streets offered a different perspective. Poverty is rife in the city; makeshift shelters and young children playing amongst the rubbish in the gutters brought us back to reality.

In eight days we packed in six flights, an overnight sleeper train (yes, they're just like you see on the telly), rickshaw rides, a tuk-tuk taxi service and hundreds of miles of travel by car. All of this took us to six locations (18 villages),

where we met numerous volunteers and hundreds of individuals who are impacted by the work Shivia is undertaking in India.

The days were filled with field visits to rural projects away from the city. A mixture of agricultural and poultry programmes packed our itinerary. Oly – CEO of Shivia – proudly talked us through the projects and we were able to see the progression of individuals and communities who have received support over the years.

The agricultural and poultry programmes adopt a simple framework. Both provide people in the poorest communities with the tools they need to start earning their own income. Whether it's

chicken 'kits' (10 chicks, vaccinations and feed) for women, or agricultural training for men.

Many of those we visited had 'graduated' from the Shivia programmes and are now independent farmers – managing their own business. One of the most moving things about the trip was seeing the pride and confidence Shivia's programmes have instilled in the people in the villages, especially the women running their own poultry businesses. With the essence of entrepreneurship, women in some of the poorest communities are now running additional businesses; making saris or saving for their children's education. Men have ventured out and begun businesses selling biocides.

With each visit we were met with villagers wearing their best bright clothes, welcoming us with music and dancing, adorning us with garlands of flowers presented during traditional ceremonies. Even with so little, the community generosity and kindness was amazing.

We heard stories of hardship and success but what will stick with me is the sense of passion and resilience of the people in the villages."

Maria Ryder



Staff fundraising

The inaugural Artemis Pentland Peaks Challenge took place in September 2022 with 84 members of staff from Artemis taking part and a further 20 helping out as volunteers. The event raised over £100,000 for the Foundation's partner charities, Mary's Meals and SANE.

Thank you to everyone who took part and volunteered.

We're pleased to announce that the event will be back on **Saturday 2nd September 2023** – we hope to see you there!

The Artemis Pentland Peaks Challenge

The inaugural Artemis Pentland Peaks Challenge raised over £100,000 for Mary's Meals and SANE.

Photo credit: Ed Smith Photography



The Saackes take on the Pentlands

(A surprisingly enjoyable family hike)

"I was immediately excited when I heard that Artemis was sponsoring a new endurance event in Scotland. Doing the Kindrochit Quadrathlon, which Artemis was principal sponsor of for many years, was a highlight of my two decades at Artemis and with David Fox-Pitt in charge, my hopes were high that the Pentland Peaks Challenge would be a worthy successor.

While my wife is a keen hiker too, I was not optimistic that I could persuade the children - the memories of endless moaning all the way up even the smallest peak in the alps were still fresh. But to our great surprise they were all in and so we all met up in Edinburgh the evening before the event for some carb loading and, of course, strategy discussion. Needless to say, I had prepared plans A, B and C (thank you very much to Stephen Snowden for valuable data points), assuming progress at varying speeds.

In the event, of course, everything came differently. The children charged ahead, clearly motivated to show their parents a clean pair of heels; and then just kept going. We saw them on occasion at the water stops (special thanks to all the volunteers!), but otherwise could enjoy the walk and views in perfect conditions. We were not quick enough to get a G&T before it ran out, but fortunately Dawn still had some reserves of port when we got to her and Heidi's stop (Dick would have been proud!).

It came as no surprise that after the last stop, the children once more decided to switch into a higher gear and arrived happy, elated and/or relieved (see picture) a good 5 minutes before us. All in all, it was a wonderful day, thanks to the excellent organisation, the benign weather and the positive spirit amongst both participants and volunteers throughout the event. And best of all, we all did it for the benefit of SANE and Mary's Meals, two fantastic charities Artemis has supported for many years.

We'll be back!"

Peter Saacke



Peter Saacke took part in the Artemis Pentland Peaks Challenge with his family in September.

Photo credit: Ed Smith Photography

Volunteering at the Artemis Pentland Peaks Challenge

"When I signed up to volunteer at the Pentland Peaks Challenge I had no idea what to expect! Reading about the event beforehand, I wondered how on earth it could take up to 5 hours to complete 8 miles...but then once we arrived, I realised very quickly that volunteers really had the easy job!

It was an early start, but we arrived at the Hub where the DJ was already playing bouncing tunes and getting us all in the mood for a great day. Crammed into a Land Rover, off we went to set up our station. Teamed up with Heidi and Andrea, we'd already planned ahead to make sure we had everything we would need to make the day enjoyable for all, including us...a playlist, speaker, motivational signs for the runners and walkers... and most importantly a G&T chilling for those who wanted one!

Water set to boiling, goodies all set out, we waited for the first runners to appear over the hills in the beautiful Scottish sunshine. It was a bit of a wait, but then a relatively steady stream started to appear. Those who arrived in the first few groups, made the quickest of stops, filling themselves up on water and taking onboard some energy in the form of some sugary treats. As the day went on, the groups who arrived stopped for longer and enjoyed all the goodies we had lined up...the Port and cheese had arrived by then! We cheered, clapped, hugged and encouraged everyone as they arrived. The music was playing upbeat tunes, and we congratulated them on completing 20-miles and assured them the hills were behind them for the final 7-miles!

As we bid farewell to the last walker, we took a moment to reflect on what an amazing day we had had. I know the sunshine really helped, but it was brilliant to be there to give anyone who needed a drink, something to eat or just some motivation to keep going. We've all agreed we want to do it again next year already!"

Dawn Timothy



20 Artemis staff volunteered at the Artemis Pentland Peaks Challenge.





Fundraising February

109 of our colleagues took part in the Artemis Fundraising February challenge this year taking on 425 charity challenges to raise funds for our 2022 charity of the year CHAS. Despite some snow, COVID and other trials the vast majority of challenges were completed and we raised a total of £19,900 which the Charity Committee very generously agreed to round up to £20,000.

"What no meat or alcohol for a whole month?! My husband Tom is perhaps not the most focused when it comes to promises of going to the gym, new year's resolutions or losing those few extra pounds that have crept on. So when I suggested we go alcohol free, vegetarian and did a daily 10k steps there was a resigned ...oh OK, I suppose it's a good idea...response. For myself I also snuck in reading a couple of books and trying new recipes (there were a couple of disasters), as they're much more enjoyable.

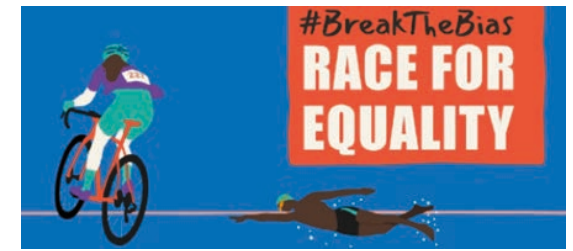
Tom started the month with a pretty dire opinion of vegetarian food (boring!), but once we got going on African sweet potato soup, roasted portabello mushrooms (with halloumi, pine nuts and coriander) and baked cauliflower (with loads of spices) he soon admitted that it wasn't so awful.

The 7am walk in a dark, often rainy, Edinburgh wasn't met with huge excitement...but there was a begrudging admittance that you do get much more done in the day when you start with a walk at that ungodly hour. Then he resolutely stuck to his no alcohol promise, even when the kids appeared home from Uni and emptied the fridge and drank us dry.

I'm not convinced it will all continue, but I think there will be much more willingness to accompany me on my morning walk, and enjoy the odd vegetarian dinner. I'm really proud of his determination and effort though, especially when it was raising money for such a good local charity; CHAS, who provide the only kids hospices in the whole of Scotland."

Sheena Kelman

The Artemis team raised £20,000 for CHAS.



Brass for Africa Race for Equality

"Despite some concerns that after Fundraising February the appetite for another event in March wouldn't be that great, the Artemis team rose to the challenge to do more good! 29 of us signed up to again cycle (and walk and run!) from London to Kampala as part of Brass for Africa's Break the Bias fundraising efforts to mark International Women's Day on 8th March. And like last year it obviously just wasn't far enough. In total we cycled, ran and walked 10,192 km in March! An amazing effort. Chon gets the Yellow Jersey with an incredible 1,287 km – helped by his 240 miles in a day performance (see next article). I bet he was cursing Mark Beaumont's name at the end of that one! Julian Rodriguez again delivered with a 1,000km contribution with the two Andy's (Gray and Telfer) providing over 800km each. Overall, there was a great contribution of distance across the 29-person team.

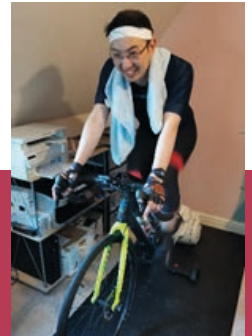
The net effect was to raise £40,000 for Brass for Africa. This will finance 115 girls living in extreme poverty through a Life-Skills programme for a year."

Derek Stuart

Chon's Epic Cycle

"Whilst racking up the km in March in support of Derek's Brass for Africa challenge, I had the idea of attempting to cycle 240 miles in a day to raise money for Regius, an independent Christian school that my son goes to. Having experienced the misery of failing this same challenge (for the NHS during the first lockdown) and incurring a knee injury, I was familiar with the difficulties that I would encounter.

To give myself as much preparation time as possible, I decided to attempt this on the very last day of March so that the distance covered would also count towards the Brass for Africa challenge. In the remaining time, knee strengthening exercises were desperately performed, cycling equipment cleaned and prepped. Remembering some advice from my very first Artemis lunch and learn with Mark Beaumont, who had done this daily distance many times in his Artemis-sponsored record-breaking cycle round the world, I broke down the



daunting 240 miles into 4 more achievable goals of 60 miles in a 4-hour block. These preparations gave me a good chance of avoiding injury on the day. The only thing left was to complete the distance, by winning a mental battle against pain and tiredness and the increasingly strong desire to quit. Fortunately, after 16 hours I won that battle and am relieved it's all history now. Thanks very much to the Artemis Charitable Foundation and all my colleagues who so generously donated."

Chon Lee

Chon raised over £13,000 for Regius school.





Pride 2022

In June, the Artemis team held a Pride-themed bake off in the London and Edinburgh offices raising a total of £10,601 for akt, a charity which supports LGBTQ+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment.

Artemis Climate Challenge

"For two weeks in June we were given an opportunity to take part in the Artemis Climate Challenge. The Charity Committee provided a varied list of options for selection, with up to five challenges per household. It made sense to attempt the maximum five, which if successful would result in a contribution of £125 to Global Action Plan, one of the Foundation's 'core' environmental charities. I registered five challenges for our household:

- Choose a flexible time slot for online deliveries
- Don't buy any new clothes for two weeks
- Go to a charity shop and buy a second-hand item
- Don't order from Amazon for two weeks
- Go vegetarian for two weeks

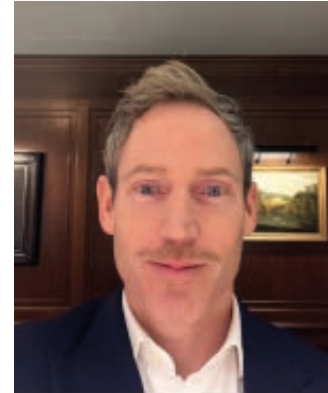
The 'Go vegetarian' challenge was passed to my husband being the household carnivore! He lasted the course without any hiccups but looked forward to having a burger once the challenge was complete. That said, he did say he wouldn't mind including more meat-free meals during the week and agreed that veggie meals have come a long way and taste great!

The 'Don't buy new clothes' and 'Don't order from Amazon' weren't difficult to achieve. I'm sure like many, I've gotten used to buying less clothes since working from home as we can dress more casually, (though for some reason sales of pj's have shot up !!).

The challenges I'll be sure to continue with are flexible time slot deliveries and buying second hand items from a charity shop. I've discovered that flexible time slots can be managed really well especially with our wfh lifestyles. And you can easily lose yourself in a charity shop and find some great bargains. I found a lovely one whilst visiting Frinton on Sea and managed to buy several second handbooks for the grandchildren all at a fraction of the price. So, saving our pennies and helping the planet, a definite win/win!!"

Lisa Aharon

The Artemis team completed 286 climate challenges alongside their friends and family raising £7,150 for Global Action Plan.



November

"Despite initial protests from my girlfriend, I decided to take part in Movember this year alongside my colleagues Rory Barton and Nick Shenton. Movember is a leading charity changing the face of men's health with three core focus areas: mental health and suicide prevention, prostate cancer and testicular cancer. It's a fantastic charity and Movember raises awareness for all the dads, brothers, sons and mates in our lives. We've been blown away by our colleagues and the Artemis Charitable Foundation's generosity. Instead of summarizing Nick and Rory's messages, I thought it would be better to hear directly from them..."

Nick's fundraising focus was Prostate Cancer:

"My uncle Graham was one of a kind, a truly loving, fun, wicked smart guy who passed earlier this year after a long struggle with prostate cancer. I want to be part of keeping more Uncle Grahams with us for longer. This is also for my father-in-law Richard who is going through his own challenges with prostate cancer."

Rory was fundraising for mental health and suicide prevention:

"I'm pleased to be growing a little moustache of my own! Men do not talk enough about mental health and this cause is close to my heart as I lost my uncle around five years ago to suicide after a period of mental health decline. All donations are greatly appreciated - thank you!"

Grow a mo, save a bro."

Matthew Kitchen

Matt, Rory and Nick raised £3,030 for Movember.

The Royal Parks Half Marathon

"On Sunday 9th October a team of six from Artemis took part in the 15th Royal Parks half-marathon to help raise money for Shivia, Mariposa Trust and the NSPCC. I fundraised for Shivia (our charitable foundation's core international poverty charity), a charity which helps the very poorest families in India by providing them with 10 chickens, feed and training to start a back-yard chicken farming business. They've helped over 15,000 families on a road out of poverty. I thought it would be fun to do the run dressed as a chicken in a nod Shivia's work.

Along with 16,000 other runners, we lined-up in London's Hyde Park, next to the Albert Hall. The route took in some of London's famous sights: Wellington Arch, Buckingham Palace, Admiralty Arch, Trafalgar Square. We ran through Green Park, St James's Park and Hyde Park in glorious sunshine with thousands of supporters cheering us on. It was such a boost to hear shouts of "come on Chicken Man!" as I struggled round. An enormous range of charities were being supported with many moving personal stories shown on runners' t-shirts. We all managed to complete the 13 miles in reasonable times & are looking forward to the next challenge :-)"

Mark Niznik

The Artemis Royal Parks team raised £12,255 for Shivia, Mariposa Trust and the NSPCC.



Paras Anand, Richard Byford, Stephanie Sutton, Dylan Watts, James Davidson & Mark Niznik took part in the Royal Parks Half Marathon in October



Cape Wrath trek

"In May I ventured to Cape Wrath, the most north westerly point in mainland Britain, with the WWF UK for a 50km trek to raise awareness and funds for their cause. It was a great group of people from a wide range of backgrounds and industries. One actor took the train back to Comicon after the hike where he would be met by his security team to protect him from his over-enthusiastic fans. I noticed another team-mate making light work of the heavy bogs en route and he turned out to be famous for having recreated Forest Gump's run back and forth across America (15,000 miles on foot in case of interest). Which made me think I could put up with soggy feet and camping for two nights. When the weather deigned to take a break from throwing a tantrum and we could see where we were going, the views were spectacular: hills, valleys, waterfalls, blue seas, endless unspoilt beaches, seals, deer, golden eagles. It brought home what conservation and sustainability is about in the most powerful way. Thank you everyone for your sponsorship."

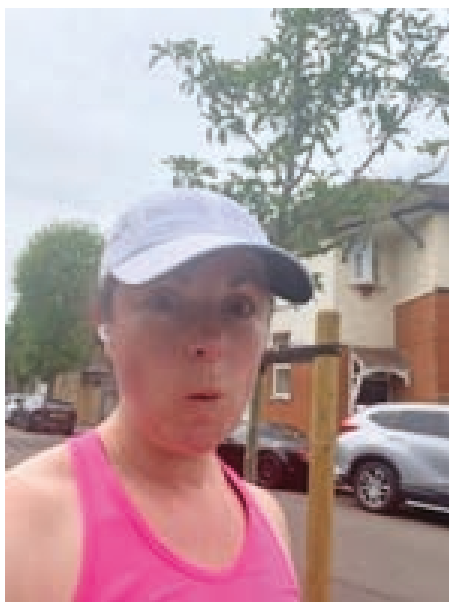
Nick Shenton

Nick raised £11,790 for WWF UK.

Clothes swap event

"In June I hosted a sustainable fashion event at Kindred in Hammersmith. It was a great evening to meet others interested in the sustainable fashion space, hear from a panel of sustainability experts and swap clothes among those who came. The panel featured a selection of independent brands that were focused on ethical production and sustainable materials. One of the interesting points that stuck with me from the panel was regarding the cost of producing clothing using sustainable materials and fair wages. One of the companies, who only use organic cotton and pay their workers in India double the local living wage, were using the same mark-up as fast fashion companies and were charging £45-50 for a plain white t shirt. Other fast fashion brands were only charging £10 for a similar t-shirt in their eco ranges, even with economies of scale it was hard to see how they were supporting their sustainability/ethical claims. Following the panel, there was the clothes swap. Each person could bring up to five good quality items and take the same number away with them at the end of the evening. Everyone had fun browsing the racks and went home with a few new pieces. All of the profits from the ticket sales went to Cool Earth and we were happy to have raised £186 on the evening. The Artemis Foundation was extremely generous in matching all donations raised as well as donating an additional £500 to Cool Earth."

May Laghzaoui



Running 5k a Day in May

"Earlier this year, my husband and I decided to sign up for a daily running challenge. We had to run 5k every day in May. It was for a charity called Dravet UK, which supports sufferers of a very rare condition called Dravet Syndrome. The fundraiser was organised by a very old friend of mine called Tamara Ward. Her nephew was diagnosed with the condition at 6 months, and it has totally changed everyday life for the whole family. These rare diseases receive far less funding and research, so it was a wonderful opportunity to help the charity. Having not run regularly for many years, I had to take it pretty slow to begin with. But it felt great to have a reason to get outside every day, and by the end I was even hitting some half decent times! We relied on a lot of Epsom salts baths, massage guns, and stretches to ease the aching muscles, but they were definitely very sore by the end. Thank you to the Artemis Charitable Foundation, and to all my colleagues for their support and generosity. It was hugely appreciated!!"

Olivia Micklem

Olivia and the Dravet UK team raised £48,763.



Amelia's Bake Sale

"As part of my daughter's (Amelia) Junior Duke of Edinburgh award she decided to make cakes and cookies and sell them at a six nations rugby match. With (a lot) of help from me and Mum; she baked, iced and sold the cakes and cookies. Amelia (and me!) raised an amazing £603 on one very cold February afternoon. The decision was taken to give the proceeds to Marie Curie and the Artemis Charitable Foundation very kindly agreed to match the donation; which is an amazing gesture for a great charity and will make Amelia (and Dad) very happy."

Neil Goddin

Amelia raised £1,204 for Marie Curie.

The Big Give Green Match Fund

To celebrate Earth Day in April, the Charity Committee agreed to match staff donations to the Foundation's 'Core Environment' charities ClientEarth and Global Action Plan via The Big Give's Green Match Fund. Staff donations were not only doubled by the Foundation, but also by the Big Give, meaning that every £1 donated became £4 once matched by the Foundation and then matched again by The Big Give! The Artemis team very generously donated a total of £6,324 to ClientEarth and Global Action Plan which was matched by the Foundation and once AGAIN by the Big Give, meaning that a total of £25,296 was donated to the Foundation's core environmental charities.

Thank you to everyone who took part.

If you, your family or your clients are fundraising for charity let us know! The Foundation not only donates to fundraising causes, but can also match funds raised to give you an extra fundraising boost.

Contact Marisa Charosky for more information.

Coming up in 2023

Here is a list of challenge events that our partner charities are involved in in 2023 in case you are planning your sporting/fundraising calendar:

Fundraising February

1-28 February 2023

Choose from a range of challenges (from giving up chocolate to 10,000 steps a day) to raise funds for our Charity of the Year, Dementia UK.

Race for Equality

1-31 March 2023

Walk, run, swim or cycle/choose your own distance or join our Artemis team!

Brighton Marathon

31 March-2 April 2023

Marathon/10k/family run/cycle 50k.

Kew the Run

1-2 April 2023

10k/half marathon/family run.

Edinburgh Marathon Festival

27-28 May 2023

Marathon/half/10k/5k.

London Triathlon and Duathlon

5-6 August 2023

Various distances.

The Artemis Pentland Peaks Challenge

2 September 2023

27, 13 or 8 miles over the Pentland Hills in Edinburgh.

Great North Run

10 September 2023

Newcastle and South Shields.

Royal Parks Half Marathon

8 October 2023

Give As You Earn (GAYE)



This year Artemis was awarded the **Diamond Charitable Giving Award for 2022**, which recognises companies that 'go the extra mile' when it comes to Payroll Giving. It's the highest possible award, so a very special congratulations to everyone at Artemis for making great use of this fantastic way to give to charity.



If you would like to make a personal donation to charity, the best way to do it really is via **Give As You Earn (GAYE)** – not only is GAYE tax efficient, but the Foundation will also **match your donation up to £5,000 a year!** You can give as little as £5 a month and you can also make **one off donations**, for example in the event of disasters or emergencies such as the current Covid-19 pandemic. There is also the option to set up an **'Options Account'** where you can store and accumulate funds for your charitable giving until you decide to make a donation. You can donate to any UK-registered charity via GAYE.

Please contact Marisa Charosky for more information.

If you are interested in taking part in any of these challenges please contact Marisa Charosky for more information.

Meet the Trustees

Stephanie Sutton



Emma Maher



Yemi Emiola



Derek Stuart



Zuoyi Zhou



Maria Ryder



Mark Niznik



Marisa Charosky



Foundation Co-ordinator

Feedback

We welcome all feedback about what we as a Committee are doing, so please feel free to send us your comments – good or bad!

Thank you to our 2022 partner charities

- ABC To Read
- akt
- Alexandra Rose
- Beaver Trust
- BelEve UK
- Bow Lodge
- Bramber Bakehouse
- Brass for Africa
- Breaking Barriers
- Bringing Words to Life
- British Exploring Society
- British Heart Foundation
- Cancer Research UK
- CHAS
- City Harvest
- CleanupUK
- ClientEarth
- Cool Earth
- Cyclists Fighting Cancer
- Cyrenians
- Disability Advice
- Disadvantaged Children with Cancer
- DKMS Foundation
- Doddie Aid
- Dravet Syndrome UK
- DSM Foundation
- East London Cares
- Feltham Early Learning Community
- Future Youth Zone
- Gathimba Edwards
- Global Action Plan
- Great Ormond Street Hospital
- Guy's Cancer Charity
- Kidney Research UK
- Kids Operating Room
- Koestler Trust
- London Academy of Excellence
- Marie Curie
- Mariposa
- Mary's Meals
- Mencap
- Norwich City Community Sports
- NSPCC
- Pancreatic Cancer UK
- Pentland Land Managers Association
- Re-engage
- Regius School
- Robertson Trust
- Royal Marsden
- SANE
- Sarcoma UK
- Shelter from the Storm
- Shivia
- Siobhan's Trust
- Social Enterprise Schools
- Spark Inside
- St Columba's Hospice
- St Crispins
- Stargadts Connect
- Supershoes
- The Fraser Centre
- The Wood Foundation
- Tiny Changes
- Unicef
- Waterloo Uncovered
- Winchester & District Young Carers
- Winchester Hospice
- WWF UK
- Yes to Life
- Young Lives vs Cancer

