
INAUGURAL REVIEW

2020



**RICHMOND
HEATWAVES
FOUNDATION**

Protecting Players. Supporting Families.

CONTENTS



TRUSTEES' REPORT

p2-3

Overview of the first two years of The Richmond Heavies Foundation

FINANCIAL REVIEW

p4

Financial state of affairs until Y/E June 2020



PROJECTS

p5-7

Summary of our projects so far

FUNDRAISING

p8-9

An overview of our events and fundraisers of the last two years

FUTURE EVENTS

p10

Some of the events we have planned for 2021



SUPPORTERS, PARTNERS & THE TEAM

p11

Our fantastic supporters and partners who help make possible what we do

OUR MISSION

Back Cover

TRUSTEES' REPORT

OVERVIEW

What an incredible first two years as a fledgling Foundation!

We have achieved so much more than we thought possible, yet we feel we are only just beginning. For that reason, we wanted to report back to you on what we have been doing and to say 'thank you' to everyone who has helped us.

We have had two highly successful fundraising lunches and the fabulous feedback has shown us we are on the right track to make a difference, as well as keeping alive the memories of lost friends. We have incredibly generous supporters, and if you were there, we hope you can remember more than we can, and we look forward to seeing you again in 2021!



The inaugural Fundraising Lunch in 2018 was both an emotional and fun-filled affair.



We have held three heart screening days at the Club.

KEY ACTIONS

We have established an ongoing heart screening plan for all Richmond playing members, coaches and referees, and have to date screened in excess of 300 people. A small number have had further referrals and a few subsequent actions. Everybody is well and we have already made a big impact here.

We have established sporting bursaries for the children of Stephen Fair to provide support until they leave further education. It is a privilege to be helping this family.

Under Stewart Barlow's name we have provided 10 bursaries to Mini and Youth members who would not have been able to afford to join the club. We hope this will continue to grow and we have allocated funds accordingly.

TRUSTEES' REPORT



We continue to offer support to the Williams family and their initiatives, The Ian Williams Foundation and The Philip Williams Project.

We have established an in-depth mental wellbeing support programme for all Richmond players. We have subsequently extended this programme to all 2000+ Club members during the COVID pandemic. This is a thorough menu of resources, including up to six counselling sessions, and we have been told this is a first for a community sports club in the country. We will continue to offer this service to all members whilst COVID impacts on our daily lives.

From the outset, it has been our desire to extend our impact beyond Richmond into the wider rugby community. We are delighted to report we have begun this journey with our Defibrillator Fund.

We will offer free defibrillators to community rugby clubs around the country that cannot afford this life-saving piece of kit. So far, we have raised enough money to fund a whole rugby team's worth of defibrillators. We will be doing even more with our Ride Across Britain in September 2021.



Current Richmond Heavy Rupert Allhusen became the first ever prop forward to swim the English Channel raising money for the Defibrillator Fund.

COVID IMPACT

Like many small charities, COVID has had a large impact on fundraising this year, but as described above, our previous fundraising efforts have ensured we have the funds to honour our existing commitments for the foreseeable future. We will deliver on our promises.

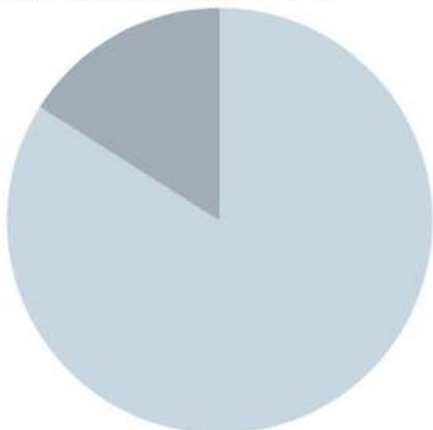
FINANCIAL REVIEW

The Foundation is now formally established as a Community Interest Company, The Richmond Heavies Foundation CIC. Its governance and articles are established and in line with these produced its first set of accounts for the period ended 30th June 2020.

The Foundation raised £157,772 in its first two years. 84% of our income was generated from the two fundraising lunches and the other 16% came from sponsored activities and donations, the largest of which was the Come Dine With The Heavies dining event.

Foundation Income

Sponsored Activities & Donations - 16%



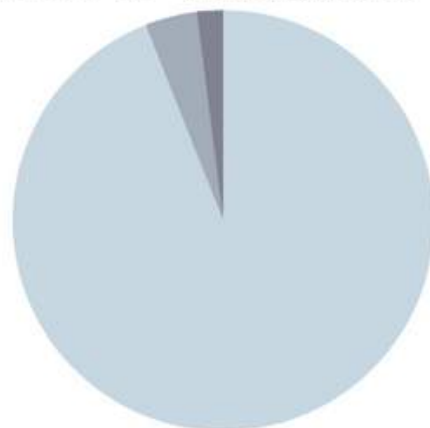
Fundraising Lunches - 84%

The initial costs of delivering The Foundation's core goals have been £53,041 and we have committed a further £82,200 to provide these services for the next three years. This includes our financial commitment to the Fairn family and new bursaries.

The set up and running of The Foundation has involved very modest outgoings. All trustees and volunteers provide their services for free which enables us to spend 94p from every pound raised delivering on our core goals.

Foundation Expenditure

Support Costs - 4% Marketing Materials - 2%



'Protect' & 'Support' Spending - 94%

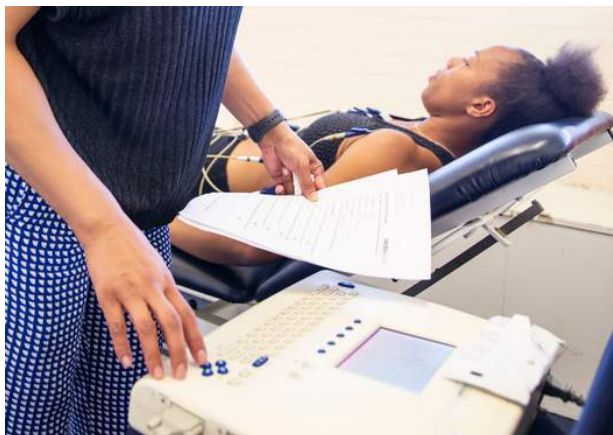
In summary, The Foundation's finances are in good health, but the ongoing costs of delivering our core goals alongside the challenges of 2020 means we must re-double our fundraising efforts next year.

PROJECTS

HEART SCREENING

Cardiac screening is at the heart of The Foundation. A core aim is to ensure every opportunity is given to safeguard against undiagnosed heart conditions and thereby prevent tragedy within our rugby community.

Working together with a number of screening partners, we have put in place a fully funded cardiac screening programme offering a flexible, age-appropriate screening solution for all relevant (age 14+) playing and coaching members of Richmond Rugby, as well as referees and club staff.



Of the 300+ people screened, 10 were referred for further tests and 2 have had treatment from specialist cardiologists for issues identified through this screening programme.



My dad died of a heart attack in his early fifties and now, having been screened and given the 'all-clear', I have peace of mind for myself and my family.
Thank you!

RICHMOND MINIS &
YOUTH COACH

In 2020 we had planned to offer further screening days for new players who have joined, and those who have now turned 14 years of age. Unfortunately, COVID has prevented this happening. We continue to develop back-up plans so, when public health restrictions allow, we will be ready to deliver our cardiac screening objectives for the season.

The Foundation is committed to a long-term ongoing screening programme at Richmond and we have allocated funds to ensure all players can be screened for the next three years.

We are delighted to announce a reduced rate cardiac screening offer for all members of Richmond Rugby. This fantastic offer from New Victoria Hospital, will ensure non-playing members are also being helped by The Foundation.

More details to follow in early 2021.

PROJECTS

DEFIBRILLATOR FUND

Part of our stated mission is to expand our support outside of Richmond Rugby club. As part of that process we have created our Defibrillator Fund. We are offering free defibrillators to rugby clubs around the country that cannot afford one.

In the UK, over 100 people a day die from an out-of-hospital heart attack which they may have survived with the availability of a defibrillator. Rugby clubs are often the beating heart of a local community and are a good place to locate defibrillators.



Richmond Rugby has personal experience of how valuable defibrillators can be, with the life of a young player saved a few years ago because a defibrillator was available.

So far, thanks to the fantastic fundraising efforts of our intrepid cross-channel swimmer Rupert Allhusen, we have raised sufficient funds so 15 community rugby clubs will have the opportunity to apply through a tender process for the first batch of defibrillators.

We are partnering with leading defibrillator charity, Community Heartbeat Trust, who also work with both the RFU and the ECB, to deliver this important initiative.

The Defibrillator Fund will operate as a separate fundraising section to the main Foundation activities and people will be able to donate specifically to this initiative, which reaches outside of Richmond Rugby.



In September 2021 we have a team of 10 cyclists riding from Lands End to John O'Groats in the Ride Across Britain, raising more money for defibrillators and The Foundation. If you are in a position to support them in any way, please get in touch.

PROJECTS

MENTAL WELLBEING

Ensuring the mental wellbeing of the Richmond rugby family has been another area of key focus for us, especially in these most challenging of times.

The Foundation initially put in place a Mental Wellbeing programme for all Richmond players, coaches, staff and their immediate family.



It was like the club
was giving you a bit of
a hug

LIBBY POVEY
RICHMOND PLAYER

The focus on mental health has been appreciated by Richmond players.

However, at the beginning of the COVID crisis we extended this service to all Club members, and we will continue to provide this for all members for as long as is needed.

This free, confidential support programme is available 24/7, 365 days of the year and comprises:

- An award-winning NHS approved smartphone application providing in-depth tools and support.
- A dedicated online portal offering information, answers and advice to a range of personal, workplace and health issues.
- Access to a confidential helpline where members can access a wide range of guidance and one-to-one counselling from trained specialists.

Visit - www.richheaviesfdn.org - for more details

In addition to the above programme for adult members, the Club's Community Department, who have been fantastic during the pandemic, has also developed a partnership with STEM4, who specialise in supporting positive mental health in teenagers.

We are all extremely proud of the Mental Wellbeing programme which enhances the already extraordinary camaraderie and closeness of the Richmond Rugby family. We are delighted to have received extensive praise and support from the wider world for this initiative. We will gladly share our knowledge and learnings with any rugby or sports club that wishes to undertake a similar service.

"We are not aware of any initiative like this in any community sports club in the UK".

Mind, UK's leading mental health charity

FUNDRAISING

TWO GREAT LUNCHES

In the autumn of 2018 and 2019 we held two memorable fundraising lunches at the Grand Connaught Rooms in Central London. Both were attended by around 500 people.

The inaugural one was a recognition of the outpouring of grief and love for the recently departed guys, and a desire to recognise them. The second one combined this with a desire to celebrate their lives and to support the aims of The Foundation.



Having arrived on trust for the first one, it was so uplifting to see so many faces return for the second Lunch in September 2019.

Both lunches were great fun, with great speakers and very successful in their own rights. Sadly, we had to postpone our third one, but are delighted this has now been confirmed for October 15th 2021 at the same venue.



Some Come Dine With... hosts went to extra lengths for their guests!

COME DINE WITH ... THE HEAVIES

In February 2020, over 100 people attended 15 different dinner parties in England, Jersey, UAE and Bermuda hosted by members of the Richmond Heavies diaspora located around the world in aid of The Foundation.

For those familiar with the TV show 'Come Dine with Me', guests rate what they thought of the host's cooking by donating how much they would have paid for the meal in a restaurant.

We hope to repeat this culinary extravaganza with a larger sub-set of the Heavies diaspora once we are allowed to socialise normally again.

FUNDRAISING

OTHER EVENTS

In September 2018, in the very first fundraiser for the Foundation, current Richmond Heavy Grant Holmes completed the National Three Peaks Challenge.



In April 2019, Richmond President, Chris Mills, led a team of cyclists to an away fixture and in September 2019, current Richmond Heavy, Richard Lloyd, embarked on a cycling tour of WWII Normandy cemeteries and bridges. Both of these included The Foundation as one of their beneficiaries.

In August 2019, Foundation trustee Jim Kottler and current Richmond Heavy James Samuels donned The Foundation colours and cycled 100 miles as part of Ride London 2019.

In November 2020, Richmond Youth dad, Len Wilby, not only managed to achieve some impressive running challenges visiting famous London landmarks during the second lockdown and completing 120km in 4 weeks, he also raised some impressive funds for the Foundation.



FUTURE EVENTS

Whatever happens, 2021 will be a busy year for us and we will need your support more than ever. We continue to work on a number of scenarios depending on the COVID situation, and we know there is a real desire to meet and get involved. We already have plans for the following events:

Come Dine with The Heavies 2021:

Whatever the state of restrictions around the world, we will organise another evening where hundreds of supporters are dining, having fun, and helping raise some money for The Foundation.

A Club Lunch to remember lost

friends: Sadly, several Heavies passed away during these last few months and we were unable to say goodbye properly. We hope to be able to do so at the Club before the end of this truncated season and sponsor a match day.

2021 Ride Across Britain: During September, a mad gang of 10 Heavies and supporters will attempt to ride 1,000 miles in just nine days to raise money for The Foundation. We will share more information with you and urge you to get behind this superb effort.

2021 Fundraising Lunch: It is our intention to have a third epic fundraising lunch on Friday 15th October 2021 (please save the date). Let's see if we can remember what a good lunch looks and feels like!

Other Ideas: We very much hope more people will come forward to help us organise these events, and more importantly embark on some fundraising initiatives of their own. We would also like to encourage more of you to help us raise much needed funds for The Foundation as we look to make a bigger impact on both the Richmond and wider rugby community.

Please do get in contact if you have any ideas - we will support you in every way we can.



SUPPORTERS, PARTNERS & TEAM

We are indebted to so many people for helping us get to this stage:

Our lunch organisers – SNAP Events (2018) and Legend Events (2019) – for helping us raise so much money.

Our guest speakers – Phil Tufnell, Michael Lynagh, Lee Mears and Owen Slot (2018) and Greg Searle, Graeme Swann, Austin Healey, Rachael Burford, Alex Goode and our MC Mark Durden-Smith (2019) – for making our lunches entertaining. We would also to thank all those who offered auction items and those who bought them.

Our primary cardiac screening partners TIC Cardio (formerly Cardio Direct) and The New Victoria Hospital plus Cardiac Risk in the Young (C-R-Y).

Our mental wellbeing partners, Care first, Thrive and STEM4.

The Fairn, Barlow and Williams families for their strength and encouragement.

The Board of Richmond Rugby for allowing us to use their proud name, which we will continue to serve well.

Sally Pettipher and Sally Hoddell from The Atlas Foundation who continue to provide us with invaluable advice and support.

Dom Palacio, Head of Richmond's Community Department, for helping implement the bursary scheme and add to the Mental Wellbeing programme.

Our Come Dine With The Heavies hosts: Tom George, Geoff Lewis, Grant Taylor, Will Taylor, Ray Clark, Tim Griffin, Neil Darke, Chris Mackaness, Hugo Tugman, Tom Price, James Samuel, Addison Gelpey, Richard Bevan, Craig Simeon and Laura Kapo.

Former Richmond Youth dad, Grahame Jones, for his Foundation heart design, which is fast becoming iconic.

The Heavies community who continue to get behind our ideas and we hope more will come and work with us.

Many others have been so helpful, and we remain extremely grateful to every single one of you. Thank you!

YOUR FOUNDATION TEAM

Trustees

Richard Holman (Chairman)

Jim Kottler (Treasurer)

Ian Grundy

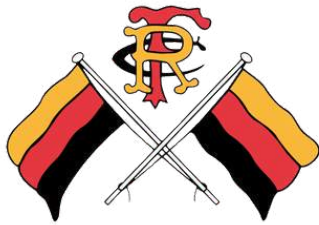
Neil Darke

Team Members

Geoff Lewis (Cardiac Screening)

Matt Brown (Marketing & Social Media)

OUR MISSION



**RICHMOND
HEAVIES
FOUNDATION**

Protecting Players. Supporting Families.

The Richmond Heavies Foundation has a mission to:

Protect the 'hearts and minds' of Richmond Rugby players and prevent avoidable tragedies through the provision of cardiac screening and mental wellbeing support.

Support the families of Richmond Rugby players affected by life-changing injuries or sudden death.

Make a difference in the wider rugby community through the provision of defibrillators to community rugby clubs.



The Richmond Heavies Foundation is a self-funded charitable arm of Richmond Rugby.

We are governed as part of the rugby charity, The Atlas Foundation (registered charity no: 1161179).
The Richmond Heavies Foundation CIC (Company number: 12454030).

If you would like to help us in the work we do please contact us.

www.richheaviesfdn.org

@richheaviesfdn

