

## Living by Giving Trust

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### Trustees:

Mr Johan Bergström-Allen (Chair)  
Mr Matthew Betts (Publicity)  
Mr Stephen Daly (Events)  
Miss Dail Maudsley (Secretary)  
Dr Sadie Vile (Treasurer)



## Special thanks to...

- Kerry Betts for our logo (see right).
- Sam Trew who ran the 'Run to the Beat' on the 25th September 2011 for us.
- Patrick Noble and Matthew Sharrock who cycled all the way to Lourdes, France to raise money for two of our causes.
- David, Kathryn, Katy, Lucy, Stephen, and their driver Andrew who took part in the Three Peaks Challenge.
- Everyone else who has raised money for us.
- Philomena, Mary, our fundraising committee, and others, who have given their time as volunteers at our events.
- Walworth Parish, the Carmelites and the CA.
- To all our supporters - thank you!

The Living By Giving Trust is a Registered Charity in England and Wales under Charity Number No.1136052. Registered Office: 26 Rivets Close, Aylesbury, Buckinghamshire, HP21 8JP



## Living by Giving Trust Newsletter

VOLUME I

OCTOBER 2011

## A Word of Wisdom from the Chair

THANK YOU! I want those to be the first words in our charity's first newsletter, because without support and interest from people like you, Living By Giving simply would not exist. It is *your* charity, so again, THANK YOU!

It's amazing to think that as a Trust we're only a year old, but already, for a small charity, so much has been achieved. In our first twelve months we've enabled a child to spend time at Derian House Children's Hospice in Lancashire, we've sponsored other sick children to go on holiday and supported the families of sick children in hospital. In London we've helped out at a soup kitchen and also helped to initiate a fund for those affected by this summer's riots. In addition, we helped to fund a student volunteering in a reconciliation project at the Dachau Memorial Site – that's a diverse set of projects to be involved in!

And that's how *Living By Giving* hopes to make a difference. There are many great charities and social projects out there, but rather than compete with them, we hope

to build networks between us, and initiate new projects. Our aim is to advance the standard of life for all people in need; the poor, the disabled, the deprived. With such a large remit, we've decided to take a particular focus for three-years and our first cycle of projects (2010-13) is associated with young people - "Living By Giving... Young People New Experiences".

At the grand old age of 32, I'm probably falling out of the bracket of 'Young People' myself, but I have to say that the new experience of becoming a Trustee has been wonderfully enriching and great fun. My fellow trustees – Matt Betts, Stephen Daly, Dail Maudsley and Sadie Vile – are all people I met in Lourdes, and our inspiration for setting up the trust was our life-changing experience of volunteering to help the sick and disabled.

So much in our society today encourages people to hold on to what they have got, and to hoard for an uncertain future. The world seems to promote a message of '*Living By Taking*' – there is an unspoken fear that sharing your

time, energy and resources with other people will leave you going without. In fact the opposite is true; our experiences as Trustees have proved that giving time and energy to others actually enriches you. Life is unpredictable, and so the best place to invest your resources is in the here and now, in relationships with other people. Giving really is the best way of living.

We have a number of exciting projects in the pipeline, and we're looking to involve as many people as possible. We always need help with fundraising and publicity for events such as our first birthday party, and would appreciate anyone who can volunteer their time. If you're interested in finding out more about how you can help or would like to get involved right now, please just get in touch with us. And if you have any suggestions for how we can be "Living By Giving...Young People New Experiences", do let us know.

With sincerest thanks again for your help and support in our first year.

**Johan Bergström-Allen,**  
Chairman (2011 - 2012)

## The Challenge that was 3 Peaks



The team before the climb

“we were reunited with our driver and clean undies, socks and tops and bound for England’s Lake District”

We recently took on the challenge of reaching the three highest mountain peaks in the UK during a weekend.

Leading up to our imminent departure, amongst the group – David, Katy, Lucy, Stephen, myself and our designated driver Andrew – there was of course much excitement and backpacks full of happy thoughts. This is something we’d been preparing for and psyching ourselves up towards for weeks.

### Circa 17:30pm: Enter Peak 1.

There we were at Fort William, the serene and strikingly scenic base of Ben Nevis. Our bellies were full of chicken, peanut-butter sandwiches, apples, and so on. Our blood streams were full of Red Bull, rehydration liquids and miscellaneous caffeinated beverages. Our backpacks were full of energy

bars, water bladders, jungle-strength midge repellent and a token camera or two – for photographic evidence when reaching the summit...

Five hours, a lot of cloud, snow, sheep and a photo or two later; we were reunited with our driver and clean undies, socks and tops and bound for England’s Lake District!

### Circa stupid o’clock in the morning: Enter Peak 2.

After a 7-hour obstacle course across the border, and the most pathetic excuse for a sleep this side of a rave party; we somehow arrived at the car park for Scafell Pike. To cut a long story short, we came, we didn’t really see, we certainly didn’t conquer, and then we left. Without further adieu, we took ourselves back on the road and set our sights on Peak 3.

**Circa midday: Enter Peak 3.** With clear skies, no dislodged trees on roads and very little wind, came an abundance of tour buses, tourists and day-trippers.

We had arrived at Snowdon and it was obvious this was the package holiday destination of mountains. With this though, also came a great sense of enthusiasm from Team 3 Peaks and for the second time that day, we successfully navigated and reached the summit of a mountain!

Now several weeks on, with 2 peaks (and a ridge) under our belts, I think I can speak for all of us in saying that we are proud that we did extremely well as a team, and we must say a big thank you to all of our supporters – we’re thrilled that we raised as much as we did for the Trust.

*Kathryn Geels*

## Roy’s Journey



I’m Roy Scivyer, and the Living by Giving Trust have helped to support my work with Action Reconciliation Service for Peace. Thanks to their support, I have had a year in which I have seen my preconceptions of Europe’s past, present and future change dramatically.

ASF is a German charity set up in the wake of the Second World War originally to give young Germans the chance to perform small acts of atonement in lands affected by Nazi crimes. ASF now supports over 250 volunteers in thirteen countries. In the 1980s ASF began to offer young people from outside Germany the opportunity to come and work in Concentration Camp Memorial Sites and German Jewish communities, in order to foster an atmosphere of cultural

exchange.

I was given the opportunity to work with the Protestant Church of Reconciliation at the Dachau Concentration Camp Memorial Site, just outside Munich. I originally came to Dachau with the hope of learning something about German culture and how Germans deal with the past, as well as dealing with the legacy of one of history’s most notorious crimes.

My main work in Dachau has consisted of giving tours of the memorial site, which as we mainly have groups in German was quite a learning curve! It has been a humbling experience taking young Germans, some only thirteen years old, around the site and in a way explaining their history to them. How do you explain the Nazi persecution of minorities to someone? It is a question that I still find hard to answer and I talk about how people were dehumanised and how the concentration camp system developed and thrived, but I still cannot answer why.

The work I have done in Dachau has been accompanied by a number of other smaller events, such as meetings with survivors, which have made me think beyond the history. We learn about the Nazi persecutions not only in order to remember the victims and their names, but so that we may understand the present as well.

ASF gives young people the chance to really engage with what it means to be a European. Its original purpose remains vital to its work, especially given European society is still marked by what happened over two thirds of a century ago, though today it is helping us to see life in a globalised society not as something to overcome but as something to treasure and nurture. For that I am grateful to the Living by Giving Trust for their financial support for this extremely worthwhile cause.

*Roy Scivyer*