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Inspired by the leadership of 20th century polar explorer Sir Ernest Shackleton, The Shackleton Foundation provides seed funding to social entrepreneurs wishing to make a difference to the lives of disadvantaged young people in the UK.

Our sixth newsletter showcases our charitable work in 2014 and our 'My Antarctic' campaign.

CHAIRMAN'S INTRODUCTION

A Busy Year!

Hello again to old friends, and welcome to new supporters

Welcome to our 2015 newsletter. You join us in the midst of the centenary of the Endurance expedition. One hundred years ago, the Endurance was trapped in ice, Sir Ernest Shackleton had halted the ship's routine, and the crew were facing a four-month winter of permanent darkness. The crew's courage and heroism and Shackleton's inspired leadership are a lesson to us all – that individuals are capable of remarkable feats in the face of unimaginable odds. Talking of which, we were delighted to receive in the post a copy of 14 year old Kirsty Patterson's Shackleton diary – an incredible piece of work.

I am proud to announce that we recently awarded our twentieth Shackleton Leadership Award since we started looking for these inspirational individuals. This past year alone we have met and awarded funds to Alanna O'Garro, Sammy Odoi, Jaffer Hussein, Kayleigh Harper and Jayne Hardy. In the following pages, you can read more about these inspiring individuals. You can also find out more about the ongoing My Antarctic challenge that we are using to raise money for the Shackleton Foundation so that we can continue to find, reward and help other inspiring social entrepreneurs. If you like what you have read thus far, then please do consider pushing yourself to do something that you wouldn't normally do to raise some funds for the Shackleton Foundation.

Charities evolve, and over the last year, three founding trustees have



moved on. Our thanks to Dave Cornell, Ronnie Gray and Henry Worsley for their significant work and a big welcome to new trustee Claudia Bradby. A bigger change has been the departure of Joanna Worsley, without whom we really would never have got the Foundation off the ground. We are all very grateful for the hard work that she and Henry put in to the work of the Foundation.

Finally, we would be very grateful for your help and support in forwarding our newsletter to friends and family and sending us the emails of all those who you think would like to receive next year's edition. Also, if you know of anyone who might be kind enough to donate to our cause, or anyone who might be a suitable Shackleton Leader then please do email me at chairman@shackletonfoundation.org.

Thank you

Bill

Bill Shipton, Chairman

NEW SHACKLETON LEADERS



From left to right: Alanna O'Garro, Sammy Odoi, Jaffer Hussein, Kayleigh Harper, Jayne Hardy.

Alanna O'Garro

Alanna is the co-founder of Rivers Coaching (www.riverscoaching.co.uk). Alanna trained as a Maths teacher, through Teach First, in a school in a very deprived part of south-east London. There she was exposed to seeing talented teachers being over-worked and under-supported. As a result, she saw many teachers leaving the profession.

Several of those that remained were jaded by the system, and often had very low expectations of the children they taught. She was horrified to find out this was happening in several schools across London, especially in those facing the most challenging circumstances. Ultimately, the children were being failed by a flawed system.

So, in November 2012, Alanna approached her friend to set up Rivers Coaching: a value-driven social enterprise that supports teachers working in the most deprived areas of London, in the classroom on a one-to-one basis over a year.

The Shackleton Foundation's funding has supported Rivers Coaching in running a second more extensive pilot in six schools, working with over 30 teachers reaching over 750 children directly.

Sammy Odoi

Sammy Odoi is the founder of WiPERS, a social enterprise dedicated to engaging and empowering young people. Sammy is a qualified social worker who has been working with vulnerable young people for over ten years.

In 2013, WiPERS (www.wipers.org.uk) was officially launched with the mission to engage and empower hard-to-reach disaffected young people. WiPERS supports youth offending teams and other organisations working with young people by delivering relationship-based,

person-centred interventions to help break the cycle of offending behaviour.

The Shackleton Foundation Leadership Award has enabled WiPERS to broaden the range and scope of its group work programmes, to reach even more young people and to help give vulnerable youngsters "a clearer vision for a safer journey" through their adolescent years.

Jaffer Hussein

Jaffer's life is driven by the idea that young people can make a difference when given the opportunity to do so – a difference not only to their own communities and societies, but also to themselves personally, to their family and to their friends.

In January 2014, Jaffer set up his own youth empowerment organisation SLYNCS (Strengthening links between young people, networks, communities and specialists). SLYNCS (www.slynscs.co.uk) supports young people in developing key life skills, while at the same time tackling hard hitting community issues. This is achieved by creating a forum for young people in Blackburn to deliver social action projects in their local communities.

With the help of the Shackleton Foundation, SLYNCS has managed to develop and improve its youth empowerment programme. The Award will allow a total of 90 young people to work on 18 different community outreach projects within Blackburn. The Award also enables the SLYNCS team to run a pilot project on behalf of UpRising, a Cabinet Office-backed national youth leadership development organisation.

Kayleigh Harper

Kayleigh Harper is a co-founder of Without Theatre, and creator of the 'Reflect' programme.

Without Theatre provides opportunities for young people who suffer from mental illness to take part in creative workshops where they can build confidence and self-esteem, develop trust and relationships with others and feel safe in a supportive and confidential space, which allows them to explore difficult emotions through fun activities.

The Foundation's funding will enable Kayleigh to develop 'Reflect', which is Without Theatre's immersive theatre programme that supports young people who suffer depression.

Jayne Hardy

Jayne Hardy is the Founder of the Blurt Foundation (www.blurtitout.org), an organisation which provides information and support to those affected by depression. The Foundation offers comprehensive, free online resources which provide easy-to-understand information on depression. By engaging in a lively and successful social media presence and by providing a closed online Facebook group where your peers and Blurt mentors are an ear for those needing someone to listen to or connect with, at a time in their lives when they feel lonely and when they don't know where else to go for help.

Blurt also exists to engage with medical practitioners, employers, schools and companies in the community to burst the stigma of depression and to work to educate and support them in reaching a greater understanding of and empathy for those affected.

The Shackleton Foundation funding will go towards the cost of re-launching Blurt's online mentoring scheme within the next 12 months. The scheme aims to successfully match 2,500 people affected by depression to an online mentor.

SHACKLETON'S DIARY

As part of year 9's geography project at The Purbeck School in Wareham, Dorset last year, Kirsty Patterson, 14, imagined that she was Sir Ernest Shackleton during his famous Imperial Trans-Antarctic Expedition (often known as the Endurance Expedition).

With 19 separate entries covering the expedition's remarkable 1914-16 story, Kirsty reproduced what she imagined might have been Shackleton's diary, which is illustrated with diagrams, Shackleton's famous advertisement (from The Times) and copies of original photographs.

Commenting on the eight week school project, her Geography teacher, Mike Vavrecka (who retires this year) said "I don't think I have ever seen such a wonderful piece of work in 35 years of teaching. It is so beautifully presented and shows such imagination".

It was Mike's idea to share Kirsty's work with the Shackleton Foundation and we are thrilled that he did. To see the whole diary please visit the Shackleton Foundation website (www.shackletonfoundation.org)



MY ANTARCTIC CAMPAIGN

What's your Antarctic?

What intimidates you? What would you love to achieve?

The Shackleton Foundation is calling you to take on your Antarctic! We believe everyone has an Antarctic. This is a personal challenge you have, something you would love to achieve, but are perhaps fearful of trying, because it's too difficult or you are afraid of failing.

Your Antarctic could be anything large or small. It could be finally plucking up the courage to jump from the high diving board, it could be launching yourself out of a plane, or it could be anything in between. My Antarctic invites you to take on this challenge, while at the same time raising money for a great cause. **For more information, and to sign up, please visit the Shackleton Foundation website www.shackletonfoundation.org**

Tim Fright's My Antarctic: London-Geneva

In September 2014 Tim Fright planned and completed a solo cycle expedition from London to Geneva on a fold-up Brompton bicycle. The 700 mile journey took a week in total. Here he talks about his journey:

"After hearing of Matthew Beardmore-

Gray's painting challenge, Karen Kwong's sleeping rough in London challenge, and Anton Oliver's Peter and the Wolf challenge (all featured in 2014's Newsletter), I was keen to get involved and do something that pushed me beyond my comfort zone. Navigation has never been my strong suit, so I soon settled on that as a theme. I just needed a format and a destination. To that end, I decided on a solo cycling challenge from London to Geneva.



With the format and the destination sorted, the only thing that was missing was the mechanism to get me there. I've always been a fan of the fold-up Brompton bicycle and I wasn't sure that anyone had ridden one from London to Geneva on their own for charity. The planning and preparation were important and perhaps should have taken longer than they did. Before I knew it. I was cycling through Kent down to Dover, to make an afternoon ferry to Calais.

The game was afoot; unfortunately my sat nav ran amok. Said sat nav caused me multiple wrong turns on the journey, but got me to Geneva in the end. The most challenging day was also the most rewarding day. After having seen Kent in all its sunny glory and Paris in all its grandeur, the final day was hilly, rainy and frustrating. But to look out over Lake Geneva, knowing that there were no more uphill sections, only downhills, was a reward that money can't buy and I made very good time in the final hour, as the evening sun set on downtown Geneva.

Finally, am I glad that I did it? Yes. Did the cycle short tan lines disappear over time? Yes. Do you think that more people should be getting involved? Absolutely. I was a hopeless navigator before I took the challenge on, but I learnt a lot about myself and I was able to raise more than £3,500 for the Shackleton Foundation. I urge everyone reading this to have a think about their own My Antarctic challenge and to make it happen in 2015.

Tim's Virgin Money Giving website is still accessible, so if you like what he's done, please check out

<http://uk.virginmoneygiving.com/TimFrightLondonGeneva>

TRUSTEES

Changes at the Shackleton Foundation:

It is with regret that we say goodbye but thank you to Dave Cornell, Ronnie Gray and Henry Worsley as trustees and Laura Pedley as our administrator. A massive thank you also to Joanna Worsley who has stepped down as administrator but continues to help with financial matters at the Shackleton Foundation. The support, ideas and energy that all five have generated have been a key reason for the Shackleton Foundation's success. We're glad to welcome on board Emily Whitehead as our new administrator, Claudia Bradby as a new trustee and two new Ambassadors, television presenter Lorraine Kelly and Henry Worsley.

Horses for (much improved) Courses

Harriet Laurie, whom we supported in 2011, has just published some great results for the charity she developed as a result of our grant.

A brand new Youth Outcome Summary 2015 of TheHorseCourse programme with young people highlights

- 80% reduction in problem behaviours such as offending, eating disorders, self-harm
- 80% improvement in relationships with peers, family members and professionals
- 85% increased they attendance of engagement with education and training
- 80% of referrers attribute this improvement to TheHorseCourse (www.thehorsecourse.org)



About The Foundation

Sir Ernest Shackleton is well known as one of the most inspirational leaders of the last century. While he never achieved his personal dream of being the first to reach the South Pole, his reputation as leader of men is based on a still greater success: the survival and safe return of all his team members, while overcoming almost unimaginable odds. Shackleton's name lives on as a beacon for courage, bravery and, most of all, leadership.

Shackleton's era of heroic explorations is long gone. However, The Shackleton Foundation believes that many challenges still exist where the rallying power and indomitable spirit of Shackleton are needed. We believe that strong leaders can provide inspiration to those around them, and we wish to support these people. The Shackleton Foundation seeks to help disadvantaged and socially marginalised young people. It does this by providing seed-funding to social entrepreneurs who exemplify the spirit of Shackleton:

inspirational leaders with fresh and innovative ideas striving to make a significant difference to the lives of disadvantaged young people.

Each grant recipient is mentored by a trustee to ensure that their inspirational projects really will make a significant difference. Founded by descendants of Shackleton's 1907-9 Nimrod Expedition, the Shackleton Foundation was established in 2007 to celebrate the legacy of the great man in a 21st-century context. To date the Foundation had made 20 Leadership Awards of up to £10,000. We are now in the midst of the centenary anniversary of Shackleton's incredible Antarctic survival journey, the Endurance expedition. The Shackleton Foundation is celebrating the centenary with the 'My Antarctic' campaign to raise funds for our work with social entrepreneurs. Thomas Pynchon wrote "Everybody has an Antarctic", and the Shackleton Foundation is challenging you to take on your 'Antarctic' to raise money for a good cause.



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Registered UK charity no. 1118686

Design: Joanne Osborne
 for Ampletiger Limited
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