

Cass & Friends

Year Round-up

Words by Founder and Trustee **Fiona Carter**.

What a tenth year we have had! Smashing our fundraising target, raising over £41,000 and continuing to work with the best local athletes in Gloucestershire and Worcestershire who need our help. These athletes have continued to impress us with tenacity,

determination, grit and fortitude in difficult financial situations and in some cases difficult family situations. We are so proud of them all and how hard they work to achieve their goals.

Our mentoring programme goes from strength to strength and is

Below: Athletes at East Glos tennis club at one of our community events.



Above: Fiona Carter with Ambassador Nikki Bartlett, professional triathlete.

without doubt one of the best things about being a CASS & Friends supported athlete. Feedback on the programme is overwhelmingly positive with athletes and coaches all saying that it has increased our athletes' performance and helped boost their confidence.

The podcast, Athletic Ambitions, is getting more traction and the interviewees love to share their stories. Our younger athletes are learning from our alumni athletes and they all inspire each other. Several more are heading to university in the USA having listened to one of our older athletes share her story of her scholarship and experience in America.

Paradigm Norton financial planners continue to sponsor us and another huge thanks to Diana Ackland at the Notgrove Trust for

believing in the work we do and continuing her support.

Lord Lieutenant Edward Gillespie has encouraged us to be nominated for the King's Award for Voluntary Services so this is a huge accolade in itself and shows what a wonderful voluntary organisation we are.

We continue our collaboration with SportsAid and Tim Henman's Performance Plus Sport charity. As a result, we have supported three athletes this year with disabilities and it has also led us to do more mentoring with athletes outside our catchment area which is a super way to bring in additional fundraising.

Finally, and very sadly we want to pay our respects to Mike Deakin, who passed away in August. He was one of the founding trustees and the driving force in setting up CASS & Friends. He never failed to give up his time and energy to support us and our athletes and he is very dearly missed.

Below: Julie Kent MBE, presenting us with a cheque from the Honorable Company Of Gloucestershire.



To find out more about CASS & Friends and to support their young athletes, visit www.cassandfriends.org ♦