

**GET  
BUSY  
LIVING!**



**MATT HAMPSON  
FOUNDATION**

## **NEWS UPDATE AUGUST 2020**

Dear Supporter

What extraordinary times we are living through! Since the outbreak of the Coronavirus pandemic the work of the Foundation has become even more essential in supporting both the physical and mental health of our beneficiaries. Having taken the early and decisive decision to close the centre to protect our regular users, the focus shifted to finding creative solutions to the provision of remote support. We delivered essential rehab kits and gym equipment to the homes of beneficiaries, launched a new App, posted work out sessions on YouTube and provided live one to one physio and PT sessions.



It was incredible to see that the community spirit created at the centre continued to bring people together even when they were apart and our WhatsApp group, Beneficiary Henry Love's DJ sets, my weekly quiz all contributed to keeping spirits up and I know I benefited personally from the regular contact with everyone.

The support we have had during this difficult time has been very humbling and it was incredible to see so many of our team, supporters and beneficiaries taking part in the 2.6 challenge over the weekend when the London marathon was due to take place and raising over £30,000 which was a fantastic effort.

Once restrictions started to be lifted in the words of Henry Fraser we had to "Accept and Adapt", so along with our Gym Equipment Supplier Perform Better we sourced some specialist gym equipment which allows our PT Suttu to offer outdoor workouts utilising our covered bbq area. It's been wonderful to get the Beneficiaries back to the centre and allow them to safely continue their rehabilitation and after a few weeks of this we felt the time was right for our physio Josie to return and offer one to one sessions which have been running now for a couple of weeks. It all looks and feels very different with Covid questionnaires, temperature checks and full PPE but for the time being that's the way it has to be and the safety of both beneficiaries and staff is paramount.

We know we will face many challenges over the coming months, however the past few weeks have been really positive seeing the return of our beneficiaries to the centre and Davidsons Homes starting work on the two accommodation lodges which will only increase the support we can offer to those that suffer a life altering injury.

We could not have survived this pandemic without your continued generosity so from us all at the Foundation a huge thank you.

Stay safe and well and most importantly continue to Get Busy Living.

Best wishes  
Hambo

# HAMBO FOUNDATION CHARITY GOLF DAY

It's with great delight we can announce that the annual Foundation Golf day will again take place at the World-Famous Belfry Hotel and Golf Resort on Thursday 1st October.

The last few months have been challenging for us all and as a charity we have been hit particularly hard so it's fantastic that we can run this event as planned.

We have worked hard with the Belfry to adapt the day to accommodate appropriate social distancing measures to ensure everyone's safety whilst allowing everyone to have an amazing day on the magnificent Brabazon course.

The course will be hosting the European Tour's ISPS Handa UK Championship this week so will be a great opportunity to follow in some of the World's best golfers on what is one of the most famous courses in the UK.

We are unable to offer the sit down dinner in the evening however there will be some provision for a bbq at the close of play and the chance to have a socially distanced pint in the 19th!

Participants will play on Team Tins captained by our patron Mike Tindall or Team Titch led by Ambassador James Taylor and there will be numerous on course competitions during the day.

Other sporting stars to join us on the day will include Geordan Murphy, George Chuter, Louis Deacon and Freddie Tuilagi. If you would like to book one of the 18 teams then please email [tommy@hambo.co.uk](mailto:tommy@hambo.co.uk)

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# DAVIDSONS HOMES BREAK GROUND ON ACCOMMODATION LODGES

Davidsons Homes starting work on two accommodation lodges on site at the Get Busy Living Centre. Inspired by a talk by Foundation Ambassador Tom Croft who now works for Davidsons, they have pledged to build the lodges at no cost to the Foundation. Tommy Cawston, Foundation CEO commented "It's incredibly generous of Davidsons to continue with their pledge to build these lodges during such unprecedented times. Once completed they will allow us to further increase the support we can offer our beneficiaries as there will be opportunities to stay on site at the Get Busy Living Centre and continue their rehabilitation post discharge from hospital".



*Inspiring and supporting young people seriously injured through sport*

Find out more at: [www.matthampsonfoundation.org](http://www.matthampsonfoundation.org)

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