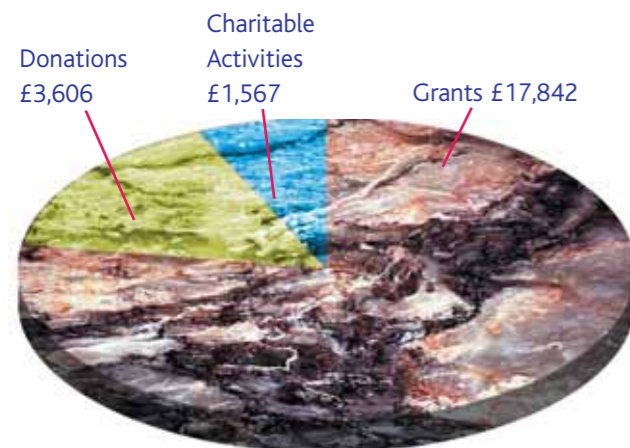


## Facts and Figures 2007-2008

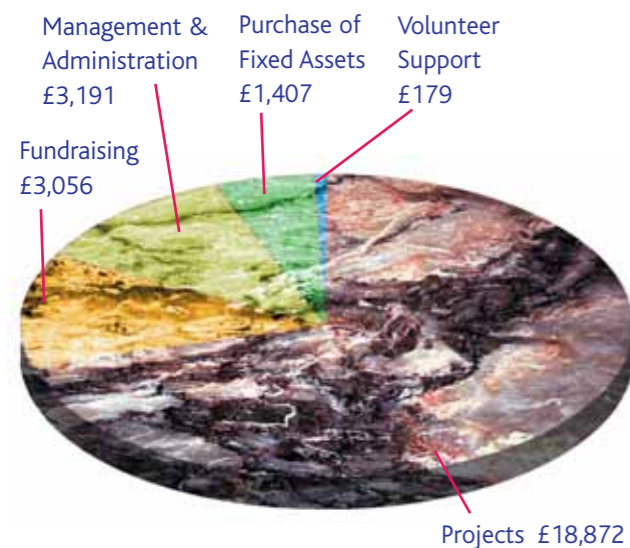
Our amazing team of 90 volunteers gave up an incredible 4847 hours of their free time to make the Mile Project happen during the year. If we had to pay them for this time it is estimated that it would cost around £68,000 in real terms!

### Money - Summary

**Total Income: £23,015**



**Total Expenditure: £26,705**



Full accounts are available on request.

### Trustees of the Mile Project 2007-2008

Ian White (Chair) Jo Justice  
Donna Goddard Andy Hickford

### Want to contact us or find out more?

Find out more about the Mile Project by visiting our website [www.mileproject.org.uk](http://www.mileproject.org.uk). Alternatively our contact details are:

**The Mile Project** c/o Maybridge Community Church  
77 The Strand Worthing West Sussex BN12 6DR  
Telephone 01903 603337 Email [info@mileproject.org.uk](mailto:info@mileproject.org.uk)

## Thank you!

Thank you to all our **volunteers** for going the extra mile for the local community – it is really appreciated. Thank you to all our main **funders** who generously provide the money so that we can do our work:

- BBC Children in Need
- Help the Aged
- Worthing Borough Council
- West Sussex County Council
- Children's Fund (West Sussex)
- Local Network Fund
- Youth Opportunities Fund
- Individual donors

We are also enormously grateful to our **partners and supporters** who provide facilities, advice, support and encouragement, including:

- Acorn Pregnancy Counselling Centre Limited
- Adur, Arun & Worthing Teaching Primary Care Trust
- Citizens Advice Bureau (Worthing)
- Community Mental Health Team
- Field Place First School
- Health Visitors and their teams
- Local Councillors (Castle Ward)
- Milentos Ltd
- National Blood Service
- Orchards Community Middle School
- Police Community Support Officers (Castle Ward)
- Sussex Partnership NHS Trust
- West Sussex County Council
- Worthing Borough Council
- Worthing CVS
- Worthing Homes

A special thanks to David Hedgecock for organising the summer football tournament, Steve Carroll for running art events and David Pickersgill and his team who entered the Crumball Rally to raise funds for the Mile Project. Finally, our unreserved thanks go to Maybridge Community Church for their continued support in so many ways as founders and hosts of the Mile Project.

The Mile Project works within a clear ethos and has a set of values which we continually aspire to live up to:

- Valuing each person as unique
- Celebrating diversity
- Having integrity in relationships
- Being transparent in areas of leadership
- Having a humble approach
- Going the extra mile to show practical care



ANNUAL REPORT  
2007-2008

growing together

Design: Inspiration by Design; Photography: Leona Angus & BeesKnees Photography



**The Mile Project** is a registered charity developed by Maybridge Community Church to assist in the relief of need and poverty in the Maybridge area of Worthing, West Sussex. We do this by working with volunteers and the local community to provide practical help, support and advice through a range of creative projects and activities. We are a Christian faith based charity that supports all.

Registered Charity No. 1095188

## Growing together

**D**uring 2007-2008 the Mile Project became 5 years old as a charity – an important milestone for a small organisation that seeks to have a big impact on local people. As the Mile Project has grown and become more established over the years, we have become increasingly aware of the needs and opportunities within our community and crucially how we all need to help each other to make a difference. The tireless support of our volunteers and the commitment of our funders and partners has once again turned the vision into a reality.

### New this year

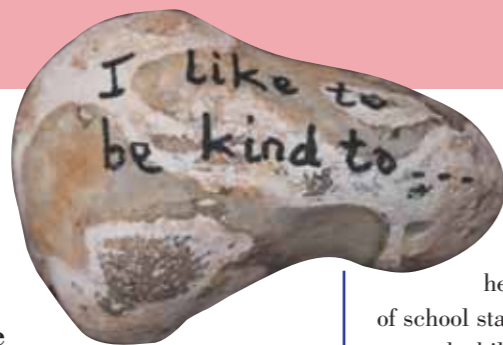
#### All new Handshake Project

ON MONDAY 30TH APRIL 2007 we held the public launch of our new Handshake Project, a merger of two existing Mile Projects: Handshake and Community-LINK. This enables us to offer a more person-centred good neighbour scheme encompassing both befriending and practical help. We kept the name Handshake to reflect the friendly approach we aim to achieve. 54 people attended the launch which included users, volunteers, stakeholders, and representatives from various local agencies and organisations.

During the year Handshake has had between 15 and 20 volunteers active at any given time, and has worked with a total of 31 individuals and families. Behind the scenes we have improved our focus on outcomes, provided clearer information for people and looked at ways to further improve our effectiveness.

#### Milentos Club

WE WERE DELIGHTED when a new after school project called Milentos Club could be launched in partnership with Milentos Ltd and Field Place First School. In a nutshell it is a structured 10 week programme for children aged 4-7 and



their parents to have fun, learn to relax, find out their skills and strengths, develop their self-confidence and try out new things. Expertly led by Jane Vrettos and with the help of a Mile Project volunteer and a member of school staff, it proved so successful a waiting list was created whilst we arranged for more programmes to be delivered!

### In other news...

#### Kickstart Breakfast Club

ANOTHER VERY FULL YEAR with the club running every morning! One particular highlight of the year was winning 'Highly Commended' in the nutrition category at the Kellogg's National Breakfast Club Awards! We're really pleased to have achieved this recognition – especially in light of the fact that we are a relatively small club in comparison to some in the competition. Not only that but we had a review of our work undertaken by Spurgeon's who said lots of nice things about Kickstart.

During the year we were sorry to say goodbye to our sessional worker Shakeara after one and a half years at the club, but have been able to welcome Alana, David and Ana during the year to further develop the leadership team. The club continues to be enjoyed by the children and strongly supported by volunteers, the Orchards Middle School and valued by parents.

#### Baby Clinic

THE BABY CLINIC remains a key weekly event for the Mile Project and during the year the Health Visiting team were also able to offer sessions of baby massage for parents.



The theme of constant change for this project continued with Geraldine, our volunteer leader who had done so much, moving on and Alana taking over as part of her year of volunteering with the Mile Project. We have also welcomed new health professionals to the clinic as changes in the health service continue.

Fun for adults and children at the Milentos Club.



Kickstart highly commended in the Kellogg's Breakfast Club Awards.

#### Take A Break Parent and Toddler Group

THURSDAY MORNINGS HAVE CONTINUED to be a blur of activity with the parent and toddler group meeting during term time. Sessions have been very well attended and the team have done an amazing job despite being short staffed on occasions.

#### Community Teas

THEMES FOR THESE SPECIAL EVENTS THIS YEAR have included St George's Day, Caribbean, Remembrance and Valentine's Day. Around 50 older residents have enjoyed the entertainment, reflections, food and friendships that the Community Tea Team provide. The summer outing was to a lovely house and gardens in the West Sussex countryside at Bolney.

#### Advice Centre

FROM APRIL 2007 our Citizens Advice Bureau drop-in service moved from a Friday to Wednesday morning. The partnership between the Mile Project and the Worthing CAB is strong with both parties being committed to accessible advice centres. Client numbers have remained healthy with a total of 154 clients seen during the year and an average consultation time of 50 minutes per client.

#### Blood Doning

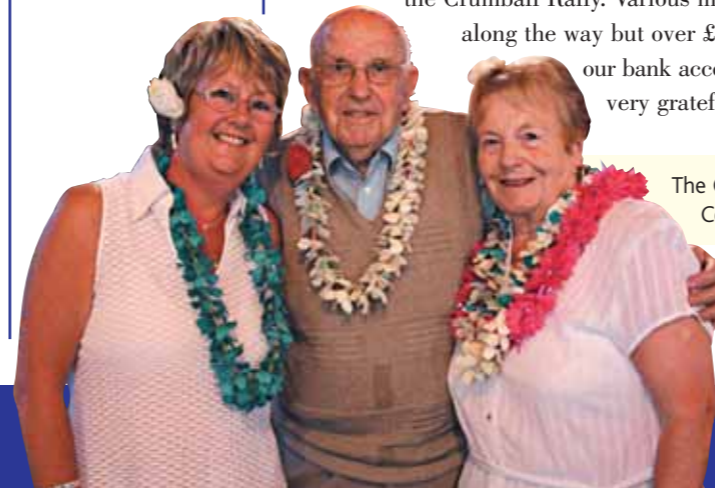
TWO SESSIONS WERE HELD during the year and were well used by the general public. We had to put further sessions on hold during the development of the Children and Family Centre and hope to resume future sessions if possible.

#### Special Events

ON 29TH JUNE THE MILE PROJECT took a session of the 'You, Me, Us – Neighbours, Communities and Care Conference 2007' at the University of Sussex. Gay Jacklin delivered an excellent presentation about our Handshake project and good neighbour care from a Christian faith perspective.

In July we had the privilege of having a football tournament being run in support of the Mile Project thanks to Kickstart worker David Hedgecock and his friends. The event was a great success and raised well over £1,000 for our funds. Our thanks to all the teams that entered and all those who supported the day.

In September a dodgy Volvo estate was driven by David Pickersgill and his friends across Europe as an entry in the Crumball Rally. Various mishaps happened along the way but over £700 ended up in our bank account which we are very grateful for.



The Caribbean themed Community Tea.

#### Meeting the Standard

WE WERE DELIGHTED during the year to achieve the status of membership of the Fundraising Standards Board for meeting the requirements of this new regulatory body for fundraising in the UK. We can now display this logo to convey to all our funders and supporters that they can 'give with confidence', knowing that our financial practices meet the high standards expected of charities.



David Pickersgill (right) and the Crumball Rally.

#### Finishing during 2007-08

WE CONCLUDED OUR STREET DANCE PROGRAMME during the year with the girls entering events across the region. Also finishing for the time being was our initiative with Acorn Pregnancy Counselling Service to provide a discreet satellite drop in session on a Monday. Unfortunately due to a range of factors it was not feasible to continue this project but we haven't ruled out reviewing this in the future.



The Street Dance Troupe.

#### Wider Involvement

THE MILE PROJECT is a member of, or has involvement in, a range of groups in Worthing and further afield, including:

- 4Children
- Castle Ward Police Street Briefing Meetings
- Children and Family Centres and Extended Schools developments in Worthing
- Maybridge Community Forum
- Spurgeon's Network
- Sussex Good Neighbour Schemes Forum
- Worthing Neighbourhood Care Alliance
- Worthing CVS membership
- Worthing Volunteer Co-ordinator's Forum

A charity football event.

