



IMPACT REPORT 2018-2019



Who are we?

Volunteer Centre Sutton is the dedicated service for volunteers and volunteer involving organisations within the London Borough of Sutton. We have been helping local people find positive volunteering opportunities for over fifty years. We also support nearly 500 local non-profit groups with all aspects of working with volunteers.

Whether you live, work or study in Sutton, we're the go-to people for local volunteering.

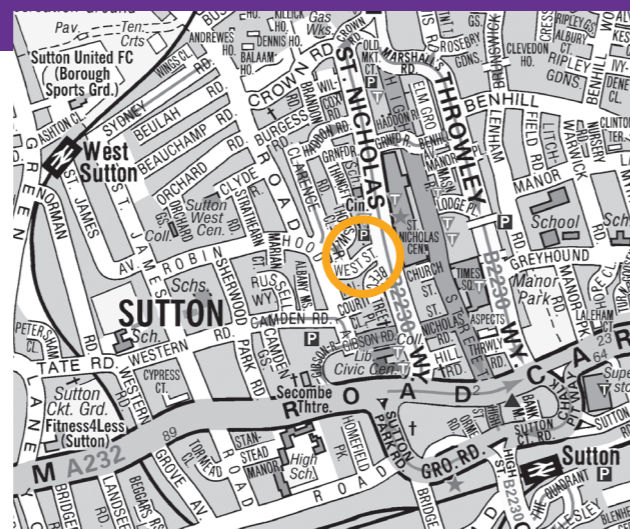
What do we do?

We help people find their perfect volunteering role, whatever their skills and interests, and whether they have just a few hours to spare or are looking for a regular commitment.

We work with organisations from the voluntary, community and public sectors. We support them with all aspects of volunteer management from recruitment and development of new volunteering roles, to training and management, and we offer a range of learning and development opportunities throughout the year.

How to find us

Volunteer Centre Sutton
 31 West Street, Sutton, SM1 1SJ
 020 8661 5900
hello@vcsutton.org.uk
[@VCsutton1](https://www.facebook.com/VolunteerCentreSutton)
[/VolunteerCentreSutton](https://www.facebook.com/VolunteerCentreSutton)
[@volunteeringsutton](https://www.instagram.com/volunteeringsutton)
vcsutton.org.uk



Volunteer Centre Sutton is the operational name of Sutton Borough Volunteer Bureau. Registered Charity No 1048978. A Company Limited by Guarantee. Registered in England & Wales Company No 3088644.

We are also proud to run several of our own volunteer-led projects:



We are passionate about making volunteering accessible to all and our Open Doors project supports Sutton organisations and the community to develop and to deliver volunteering for hard to reach people, including people with additional needs.

Pages

10-11



MAPS is an award-winning programme delivering one-to-one mentoring, working with vulnerable children and young people with multiple and complex needs.

12-13



MAPS also delivers an advocacy service for looked after children, care leavers and children on a child protection plan.

14-15



Sutton Befrienders is a volunteering project which aims to reduce social isolation and loneliness for people living in the London Borough of Sutton. We work with the elderly and adults with support and care needs who have found themselves lonely or isolated.

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The Citizens Commissioners are a pool of local residents, recruited and trained to actively represent Sutton's community. This innovative project enables Sutton Council and Sutton residents to plan, design and deliver public services together.

18



The Young Commissioners are Sutton's youth social action group, made up of Citizens Commissioners who are aged 18 or under.

19

Chair's Comment **Deepak Ohry**



Volunteer Centre Sutton has had another successful year and the fantastic work that volunteers do has been captured in this new 'Impact Report', which I hope you will enjoy reading.

This report highlights and showcases the amazingly positive impact that 'volunteer-led' initiatives have made on individuals and communities - supporting and benefitting the young, the vulnerable, the elderly and the isolated.

I would like to offer a huge and heartfelt thanks to all our stakeholders - the volunteers, staff and management at Volunteer Centre Sutton, our partners and the wider community - who have all kindly contributed their time, energy and efforts to make our vision a reality....namely, to 'inspire community'!

Looking forward to your continued support....Thank you !

CEO Foreword **Anita Maullin**



I am proud to share Volunteer Centre Sutton's achievements in our first Impact Report for 2018-19. Over the year we have worked with and supported over 1500 people and over 550 organisations.

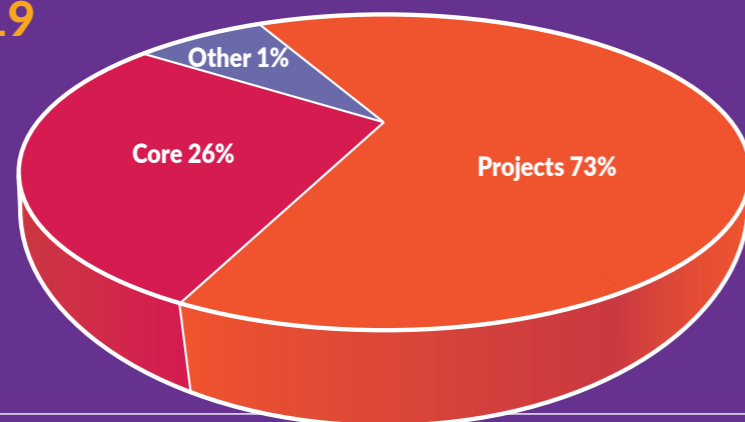
Our flagship volunteer-led programmes, MAPS and Sutton Befrienders, continue to evolve, develop and grow, where the need is required. They are a shining example of the impact volunteers can have on individuals and the wider community.

Increased confidence and a desire to represent local young people enabled the Young Commissioners to represent Sutton in the London Youth Assembly and develop and hold talks creating the Sutton 'Big Talk' that brought councillors, young people and professionals together.

In 2018 we were also able to launch a new project called Open Doors, ensuring inclusion and opportunity for those hard to reach groups and people to overcome barriers into volunteering, bringing the benefits of volunteering to all.

I hope you enjoy reading our Impact Report as much as I did. A huge personal thanks to everyone, staff, volunteers and partners who have contributed this year.

Funding 2018/2019



Volunteer Centre
Sutton

2018-2019 at a glance

695

Local people registered with us this year

302

Current volunteering roles on our database

497

Local non-profit groups supported with all aspects of working with volunteers

56

People currently supported into volunteering through Open Doors, our new project to make volunteering accessible to all



72

Children & Young People supported through Mentoring

maps
Mentoring, Advocacy & Peer Support

136

Children & Young People supported through our Advocacy service

136

New volunteer Mentors and volunteer Advocates recruited and trained

57

People supported with a 1:1 Befriender



Sutton Befrienders

45

People supported via our walking groups, outings or playgroup

58

New volunteer Befrienders trained and recruited

CITIZENS COMMISSIONING

Featured in the National Civil Society policy paper "Building a future that works for everyone"

YOUNG COMMISSIONERS

The local youth voice in action
Hosted "The Big Talk" attended by over 50 people

We're the go-to people for local volunteering
vcsutton.org.uk

Celebrating Volunteering in the London Borough of Sutton

Sutton is known for having volunteering engrained in our very DNA, and our residents are Sutton's best resource!

We know there's no one size fits all when it comes to volunteering. We help people find a volunteering role that's right for them, whatever their interests and skills, and whether they have just a couple of hours to spare or want to make a regular commitment.

We work with organisations to offer volunteering roles in all shapes and sizes and we offer a number of different ways for people to find their perfect match.

Our confidential one-to-one interview service is run by trained volunteer interviewers who help match potential volunteers with roles. We help them get in touch with the organisations, and support them through the application process.

We also host regular informal volunteering drop-in sessions where members of the public are invited to come and see us on a specific day.

As well as our face-to-face contact, we provide an online role search facility enabling volunteers to find their perfect role whenever and wherever is best for them. And we also connect with all our potential volunteers with a monthly newsletter.

Throughout the year, we have been out and about promoting volunteering through our satellite drop-in events, along with sessions at Carshalton College and Sutton Community Works job club. The highlight of our calendar is Volunteers' Week (1-7 June). This year, we worked in partnership with TazZa Coffee shop and ran drop-in sessions over four days of Volunteers Week. We spoke to about forty people over the four days and twenty-five of them registered for our monthly Volunteering Newsletter. We also held a thank you evening in our garden for our own office volunteers and volunteers from our projects.

In 2018-2019:

695

Local people registered with us this year, with nearly half using our one-to-one interview service

302

Current volunteering roles on our database



020 8661 5900

volunteer@vcsutton.org.uk

Join our monthly volunteers newsletter at vcsutton.org.uk/volunteering

[@VCsutton1](https://www.instagram.com/vcsutton1)

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[@volunteeringsutton](https://www.instagram.com/volunteeringsutton)



"I love volunteering because I like to feel that I'm giving back to the community."

"When I walked into the Volunteer Centre my confidence was rock bottom. Volunteering is the best thing I've done. I now have a new career!"

Volunteering Good Practice

We're here to make sure that volunteers get as much out of their volunteering experience as the people they will be helping. All volunteers should have a positive experience and it is important to ensure that our organisations as well as volunteers are well supported to do this, and are able to adapt to the changing needs of our volunteering population.

We provide support, advice and training in all areas of good practice in volunteer recruitment and management. We also work in partnership with various organisations on specific volunteer-led projects. During the past year we have worked directly with 51 organisations to enhance their volunteer management either through one-to-one support via meetings, email and telephone, or through our training and forums programme. These have included small, medium and large charities representing a wide variety of themes and interest groups as well as some statutory sector organisations.

We host regular Volunteering Forums for volunteer coordinators and managers, which provide a friendly and informal setting for volunteer coordinators to network as well as to share information. Our most recent forum's topic was "Supporting volunteers with mental health". Other topics delivered over the year were the ever popular "Volunteers and the law" and "Developing new and diverse volunteering roles". Through the small groups forum we delivered a session on "the importance of developing role descriptions".

We also held a "speed dating" trustee recruitment event to bring organisations and potential trustees together.

In addition to our general work across the sector, we also run the Open Doors project (see pages 10-11) which supports organisations to provide volunteering opportunities for harder to reach groups.

"It was clearly explained. The objectives were clear and were met. The trainer was knowledgeable and focused."
an organisation at our "Volunteers and the law" training

"It was good to meet other people from different organisations and learn something of their experiences."
a volunteer coordinator at our Volunteering Forum



In 2018-2019:

497 Organisations currently registered with us

21 New organisations registered this year

51 Organisations have received direct support



020 8661 5900
organisations@vcsutton.org.uk
Find out more and register your organisation at vcsutton.org.uk/organisations
@VCsutton1
/VolunteerCentreSutton
@volunteeringsutton

Case Study: Form Filling Project

We worked in partnership with Citizen's Advice Sutton to provide a free service to help support benefit claimants who had additional needs to fill in their forms. We recruited volunteers who were trained by Citizen's Advice Sutton before starting their role. This pilot project has proved to be very popular and many of the clients said they could not have completed the forms without help and that our volunteers had been excellent.

We plan to develop the project further in 2019/20 by recruiting more volunteers and extending partnership work.

"Jackie was absolutely excellent." a client

51

people supported (from Nov 2018)

27

people have successfully completed their claims process with gains in benefits

In 2018-2019:

56

People currently supported at various stages of finding volunteering opportunities

32

Organisations in our network

63

Events across Sutton, from fairs, to talks, and outreach

Our recently launched Open Doors project has been developed to help hard to reach groups and people with additional needs to overcome those barriers and be able to volunteer. We work specifically with Young People not in Education, Employment or Training (NEETs), Refugees, Asylum Seekers, Women at Risk, Looked After Young People/Care Leavers and Black and Minority Ethnic (BME) groups.

The project also supports and trains organisations to widen their volunteering programmes, providing volunteering opportunities for all.

We are building a network of organisations including:

- **Roles providers** - organisations or groups in need of volunteers and providers of volunteering roles
- **Recruitment partners** - organisations that work with members of the targeted groups, who can refer their clients and potential volunteers
- **Partners with skills** - organisations with skills that will help us share best practice tools among the Voluntary Sector

Our first training was delivered in the form of a workshop, entitled "Developing new and diverse volunteering opportunities".

The Open Doors project is funded by:



A project from



020 8661 5900

opendoors@vcsutton.org.uk

Find out more and sign up to receive the Open Doors newsletter at vcsutton.org.uk/open-doors

[@VCsutton1](https://twitter.com/VCsutton1)

[/VolunteerCentreSutton](https://www.facebook.com/VolunteerCentreSutton)

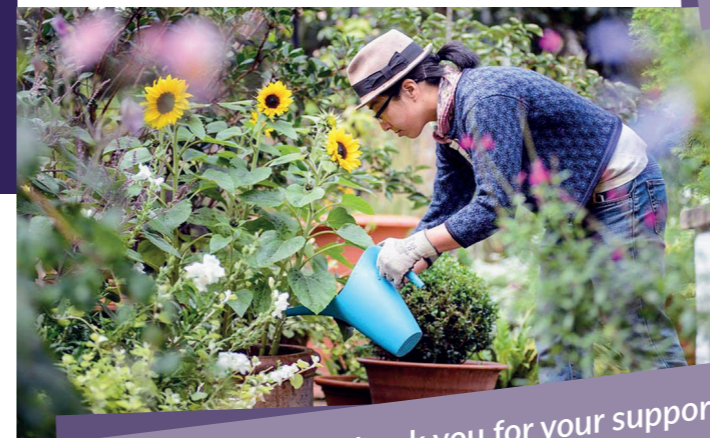
[@volunteeringsutton](https://www.instagram.com/volunteeringsutton)



Case Study: Young person with anxiety

One of our clients who suffers from anxiety volunteered to cover a Young Commissioners event by creating an advertisement poster and photographing the event.

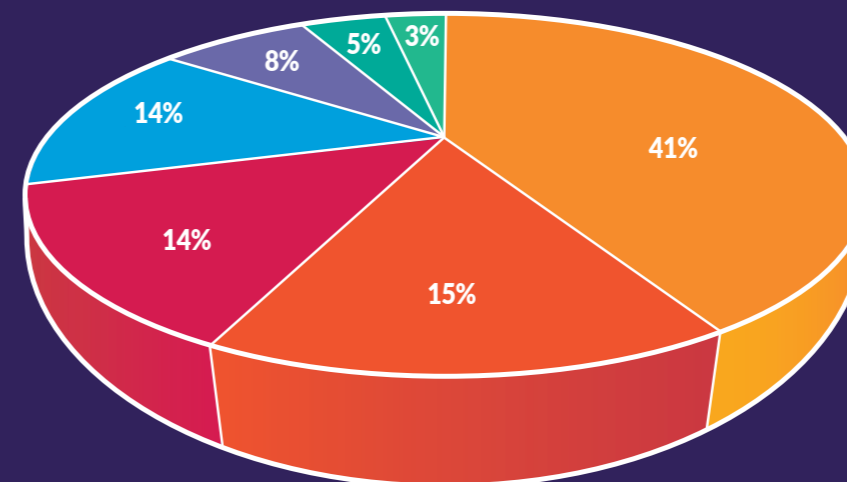
"I was so privileged to have been given the opportunity. It was not only important for me to push myself creatively, but it was also important that I overcome my anxiety. This was really important to me, and I can't thank you enough."



Case Study: Professional woman with English as a second language

One of our volunteers has been living in the UK for around 2 years and her level of English is not yet enough to find work in her professional career's area. One of the reasons she wanted to volunteer was to practice her English and be around people of her adopted community. While we are working on finding volunteering opportunities related to her professional area, she also decided to volunteer doing gardening - something she really enjoys.

"I would like to thank you for your support today. Today was fantastic! I loved the gardening group. I had fun and they were very attentive and helped me, with lots of patience. I will definitely be there next Monday."



Key:

Learning Disabilities	[41%]
Young People Not in Education, Employment or Training (NEETs)	[15%]
Women at Risk	[14%]
Black and Minority Ethnic (BME) groups	[14%]
Disabilities (in general)	[8%]
Looked After Young People/Leaving Care	[5%]
Refugees and Asylum Seekers	[3%]

(55.4% are Female and 44.6% are Male)

maps Mentoring

Mentoring, Advocacy & Peer Support

In 2018-2019:

72

Children & young people supported through Mentoring

34

New volunteer Mentors recruited and trained

MAPS is an award-winning mentoring programme supporting children and young people to achieve their full potential through the support of a one-to-one volunteer adult role model. Our trained volunteers are carefully matched with a mentee and they meet once a week for up to a year. The mentoring relationship provides our mentees with a safe space to unpack life and have their voice heard, giving them an opportunity to talk about issues that may be affecting them, whether with low self-esteem or poor mental health, or with challenging family situations.

We work closely with a wide network of social workers, healthcare workers and education professionals to ensure that our programme capacity meets the needs of Sutton's young

population. All MAPS work is evaluated by using the 40 Developmental Assets Framework, which identifies a set of skills, experiences, relationships, and behaviours that enable young people to develop into successful and contributing adults.

As well as weekly meet-ups, our mentoring pairs take part in several activities and group outings, including our new monthly 'Mash Up' sessions, which help our mentees to learn new skills and develop their social connections as well as have some fun!

Our volunteers are key to this support. This year we have recruited 34 new MAPS volunteer Mentors.

MAPS is currently funded by:



To find out more about making a referral to MAPS Mentoring or about training as a volunteer Mentor, please get in touch:

A project from



020 8661 5900

maps@vcsutton.org.uk

vcsutton.org.uk/maps/mentoring

@MAPSmentoring

/MAPSmentoring

@mapsmentoringadvocacy

Case study: Jade* age 15

Initially Jade and her mentor would go to get something to eat. As Jade's confidence grew, she built a great relationship with her mentor and began to do more activities. As well as cinema trips and bowling, Jade and her mentor became regulars at our monthly youth group, which she really enjoyed.

During the lead up to her GCSE's, Jade's mentor became concerned about Jade's mental wellbeing. Like many people of her age, Jade found the exam period stressful and overwhelming. The MAPS team worked closely with Jade's mentor to support her during this crucial time. Jade was able to use various coping strategies, one of which was seeing her mentor regularly.

Jade has gained confidence and independence, and has shown real resilience, pushing herself out of her comfort zone and persevering when things have been difficult. She got through her GCSE exams and is now studying at College.

*names have been changed

"I now know I can do anything when I really try."
"Before mentoring I didn't think I could ever be happy!"

"I enjoy talking and problem solving with my mentor, I feel happy and safe when I am with her."
"My mentor has taught me to be just me, I have more friends, I feel sociable and I'm open to try new things."

"Sam loved the theatre trip to see Aladdin. The MAPS trips have definitely helped her gain confidence socially. I've seen a gradual change in her over the weeks, and now we've got to the end of the year I can see how positively different things are for her." Sam's mentor

Who do we help? Amongst this year's mentees:

36%

have experienced parental **domestic violence**

47%

have parents with **mental health issues**

24%

have experienced parents with **alcohol and substance misuse**

34%

have **self-harmed** or at risk of self-harming

maps Advocacy

Mentoring, Advocacy & Peer Support

In 2018-2019:

- 136** Children & young people supported through our Advocacy service
- 5** New volunteer Advocates recruited and trained
- 30** London Borough of Sutton social workers trained in Advocacy

MAPS Advocacy is about helping children and young people to speak out about what is important to them.

MAPS Advocates are independent adults who support looked after children, care leavers and children on a child protection plan, helping them have their opinions and views heard by the people that make decisions about them, so that they are fully involved in decisions about their lives.

Advocates represent the views of children and young people in meetings where decisions are made about them. They also help children and young people to understand their rights, and understand the process that is happening.

MAPS delivers independent advocacy support for looked after children and children subject to

child protection proceedings, within the London Borough of Sutton. Our advocates are trained volunteers who receive comprehensive training, are DBS checked and are supported regularly by our advocacy coordinators. In addition, we are able to call upon the expertise of a wide range of professional advocate support services.

MAPS Advocacy is delivered on behalf of London Borough of Sutton in partnership with Advocacy for All.

To find out more about making a referral to MAPS Advocacy or about training as a volunteer Advocate, please get in touch:

A project from



020 8661 5900

advocacy@vcsutton.org.uk

vcsutton.org.uk/maps/advocacy

@MAPSmentoring

/MAPSmentoring

@mapsmentoringadvocacy



Case Study: George*, on a Child Protection Plan

George lives with his mother and father. George's mum has a disability and his father has substance misuse issues, so George was put on a Child Protection Plan. He was able to talk to his Advocate about how scary he found it when his dad drinks and how it's really hard for his mum to handle it.

He said he would feel safer with a third adult in the house. George's Advocate was able to represent his views to the Child Protection panel and subsequently, George's dad received support and rehabilitation. George now has a safety plan in place at home so he knows what to do if his mum needs help in the home. George's school, who had been completely unaware of the issues for the family are now also putting support in place.

His Advocate said "When I went to feedback George was very proud of himself and he said 'we changed the meeting didn't we' and smiled".

After receiving the Advocate's report, the Child Protection Chair said "Thanks so much, this is very powerful. I am proposing on this occasion to begin with the child's views and worries, as I find them so compelling. Thanks for all you and your team do."



Case Study: Scott*, a looked after child

Scott is a looked after child and was very unhappy about his current living situation. He felt very frustrated that the professional contacts he had seemed unable to help him, and he felt hugely mistrustful of them as he felt he had been lied to by his previous social worker. Scott's Advocate helped him to regain trust and made him see that everyone was working together to look after his best interests.

His social worker said to Scott's Advocate "I think it has been helpful having you involved and I have seen a positive change in his engagement with myself and staff at the unit."

*names have been changed



Sutton Befrienders

In 2018-2019:

57 People supported with a 1:1 Befriender

45 People supported via our walking groups, outings or playgroup

58 New volunteer Befrienders recruited and trained

78 Volunteer Befrienders in total

Now in its second year, Sutton Befrienders is a volunteering project which aims to reduce social isolation and loneliness for the elderly and adults with support needs. We do this by recruiting and training volunteers to build meaningful relationships so that the adults they support feel less lonely, less isolated and better connected in their community.

As well as attending our Befriender induction training, this year several of our volunteers have also attended additional training including First Aid; Positive Dementia Care; Scam Awareness; Sensory Awareness and Dementia Information Sessions.

This year to complement our 1:1 relationships, we have started running groups, outings and activities too. We've also had a summer party, two Christmas parties, an outing to a garden centre and a volunteer thank you BBQ.

The Jo Cox Commission on Loneliness found that more than 9 million people always or often feel lonely.

93% of our beneficiaries said that they felt less lonely and/or isolated

The Sutton Befrienders project is funded by:



A project from



020 8661 5900

befriending@vcsutton.org.uk

[f /SuttonBefrienders](#)

[@vcsutton.org.uk/sutton-befrienders](#)



Case Study: Befriending pair Gary & Valerio

Gary (left) referred himself to Sutton Befrienders as his dementia meant he could no longer carry on with his beloved hobby of woodwork. We matched him with Valerio who was very practical, good with his hands and had renovated his own home. Gary and Valerio have been matched for over a year now and have built a beautiful jewellery box together as well as building a lovely friendship.

"His commitment and diligence has been outstanding. I have dementia and without his support, I would not be able to pursue this hobby." Gary
"My visits are great fun and on top of that I have a wonderful new friend." Valerio



Case Study: Social Walking Groups

We now run low level social walking groups in 3 parks around the borough. The aim of these groups is to meet new people, get some fresh air and have a little fun walking. These walks are all supported by volunteer walk leaders and we have 22 walkers who regularly attend.

"I have this year joined a walking group. I thoroughly enjoyed it. It gave me exercise but the main thing was company everyone was interesting and friendly." Freda



Case Study: Parent & Child playgroup

Based in an assisted living home in Wallington that specialises in dementia care, this intergenerational group is thoroughly enjoyed by the residents, children and parents alike. The children who attend have really grown in confidence and have formed some lovely connections with the other children and the older residents. The residents really look forward to the group each week.

"We have loved it and we have made some wonderful friends - young and old!" A parent

CITIZENS COMMISSIONING

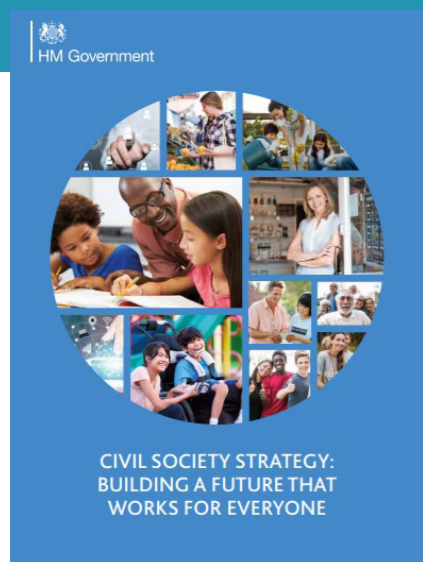
The Citizens Commissioners are a pool of local residents, recruited and trained to actively represent Sutton's community. This innovative project enables Sutton Council and Sutton residents to plan, design and deliver public services together.

It's about recognising that everyone has an important contribution to make to improve quality of life for people and communities.

The Citizens Commissioning model, developed by Volunteer Centre Sutton on behalf of Sutton Council, was highlighted in the recent National Civil Society policy paper 'Civil Society Strategy: building a future that works for everyone' (Office for Civil Society, August 2018).

Our programme is now being used as a model by local authorities who are developing their own commissioning schemes, in consultation with us.

"The government will support the spread of 'Citizen Commissioners', local people supported to make commissioning decisions on behalf of their communities such as the scheme implemented by Sutton Council and delivered by Volunteer Centre Sutton."



A project from



020 8661 5900

citizens@vcsutton.org.uk

Find out more about the Citizens Commissioning at vcsutton.org.uk/citizens-commissioners/

[@citcomm](#)

[@citcomm](#)

YOUNG COMMISSIONERS

The local youth voice in action

Part of the Citizens Commissioning programme, the Young Commissioners are Sutton's youth social action group, and currently has 14 members ranging in age from 14 to 21.

One of the highlights of the past year was a youth event called "The Big Talk", developed and led by the Young Commissioners. This

event brought young people in Sutton together with Sutton's MPs, Tom Brake and Paul Scully, as well as Councillors and other representatives from the community. The main focus was to start a conversation about different kinds of discrimination that may be happening in our local community, what is currently been done about it, and how can we support and make it better.



Collectively and individually, our Young Commissioners have also:

- Represented local young people in the newly established London Youth Assembly
- Participated in #iwillweek which celebrates the impact young people are having
- Created their own webpage on the Volunteer Centre Sutton website
- Participated and supported the Sutton Sustainability Strategy
- Joined the judging panel of the Jack Petchey "Speak Out" Challenge regional final
- Gave feedback to the Impact for Youth Tool Kit Consultation
- Gave feedback to NHS "Improving Health Care Together"
- Received training in Community Organising Listening Skills
- And alongside Citizens Commissioners, Young Commissioners have also participated in the Charles Cryer Theatre tender process.

A project from



020 8661 5900

martarocco@vcsutton.org.uk

Find out more about the Young Commissioners at vcsutton.org.uk/young-commissioners

[@citcomm](#)

[@citcomm](#)

Thank you to...

Our Board of Trustees

Deepak Ohry (Chair)
Tony Hazeldine CBE JP (Vice Chair)
Mike Ogazi
Yvonne McPhee JP
James Finch
Melissa Pearce
Duncan Prince

Our volunteers at Volunteer Centre Sutton

Amita K.	Keyna W.
Chris C.	Liz T.
Edina K.	Priya M.
Jacqueline G.	Ruth T.
Jim F.	Sadaf T.
Keith D.	Sue T.

Thank you also to Julie Lever at REED Business Information and TazZa Coffee

Our Citizens Commissioners

Alan P.	Mark A.
Andy R.	Matt L.
Emily W.	Sandra R.
Jane L.	

Our Young Commissioners

Callum W.	Kristina H.
Ferdinand G.	Lily R.
Harry H.	Lloyd R-B.
Helen W.	Niya I.
Keerthana S.	Trijit S.

The Young Commissioners would like to thank the following for contributing to the success of the Big Talk: Tom Brake MP, Paul Scully MP, Councillor Ruth Dombey, Councillor Amy Haldane, Councillor Jake Short, Councillor Jayne McCoy, Councillor Marlene Heron, Shona Okeke, Chris Hamilton, Abu Ullah, Hannah Miles, Mark Tomlinson, Kenya West, Tereza Miller from Morrisons Sutton and The Quad.

Our Sutton Befriender volunteers

Albertina L.	Carol W.	Jo K.	Maria W.	Sam S
Ali L.	Cathy H.	Joanne G.	Sam S.	Sarah C.
Alice R.	Charlene A.	Katie R.	Sue C.	Sarah W.
Alison G.	Chelvi A.	Kayleigh T.	Milena B.	Selina N
Andrew C.	Chivon F.	Khalid E.	Natalie W.	Sine T.
Ann Marie L.	Christine R.	Launa W.	Pad S.	Sue H.
Ann M.	Emma R.	Lena A.	Paige A.	Sue C.
Assra S.	Fei N.	Lesley B.	Pamela F.	Susan M.
Barry W.	Jill F.	Liz E.	Penelope A.	Tracey C.
Bernie R.	Hannah S.	Lukas K.	Penny M.	Valerio F.
Bonnie C.	Hazel P.	Lynn B.	Radha P.	Will H.
Bridie A.	Irene A.	Mae H.	Ravi R.	
Bronwyn B.	Jan C.	Mamta A.	Richard F.	

Thank you to Gail McCreanor and the Sutton Older People's Mental Health Team and Cheam Resource Centre for raising £355 for us in their Christmas raffle.

Thank you also to Debbie Lennon, Sutton Housing Partnership for providing our volunteer training venue, the LBS Public Health Team for supporting our walking groups. Donna Robertshaw from Dymond House, Wallington Sports Club for hosting our Summer Party, and The Robin Hood Pub for hosting our Christmas Party.

Our MAPS volunteers

Abbie E-S.	Brian R.	Helen S.	Linda M.	Paula W.
Abi B.	Caroline M.	Helen P.	Lloyd F.	Peter S.
Adrian C.	Catherine T.	Iraina E.	Louise F.	Roslyn J.
Alan G.	Chandan S.	Jenny H.	Louise R.	Sarah D.
Amy C.	Claire E.	Joshua R.	Malgorzata C.	Sharon B.
Ana A.	Claire R.	Julie W.	Marina C.	Shona H.
Andy W.	Daniel M.	Juliette P.	Marta R.	Steven L.
Annabel F.	David J.	Kajal K.	Michael H.	Suhanthi S.
Anne C.	David S.	Karen R.	Michelle B.	Susan S.
Anne J.	David W.	Keith D.	Michelle G.	Susan H.
Anne Marie J.	Derek T.	Kelly M.	Miranda L.	Suzanne D.
Anthony F.	Elaine C.	Kim B.	Nathaniel E.	Teresa M.
Antonia V.	Elizabeth N.	Kirsty B.	Nneka E.	Tina S.
Ben R.	Fred A.	Lee D.	Olga N.	Tonia W.
Bernie R.	Genevieve Q.	Liberty H.	Pamela S.	

Thank you also to Karian and Box, Rotary Sutton, Salvation Army Sutton, Subsea 7, Sutton MPS and Waitrose.