

## 4Tom Update 2021-22

### How we raised funds ...

- Fundraising events for all charities were greatly affected by the pandemic and 4Tom was no exception. Lots of events that were planned for 21/22 had to be postponed due to restrictions and uncertainty. However, we thankfully received amazing donations from Tom's Logs, Sam Evans, Richard Jones, Jennifer James and Smerdon Tree Services, thank you.
- We are also extremely thankful to be one of the Mayors chosen charities last year. A big thank you to Malcolm Colbran for the money and awareness he has raised for 4Tom.
- Walking Wales 4Tom, WW4TOM This event was postponed from 2020. The challenge finally took place in early April 2022. An amazing amount was raised by a group of inspiring individuals. Thank you in particular to Colum McNally for arranging the event.

### Where we spent money ....

- We began provision of our counselling service. This is one of our main aims in intervention (see below for more info)

We launched our webpage [4tom.org](http://4tom.org) to raise awareness, to signpost and promote our services.

### What we achieved....

- Being one of the Mayors chosen charities has helped raise awareness in the Merthyr Borough. We have been working with The Big Heart Merthyr on a campaign to about cocaine/alcohol use and its links to poor mental health
- We continued to work as part of the Co-Alc alliance, [co-alc.org](http://co-alc.org). We founded the alliance with the Jacob Abraham Foundation, [jacobsfoundation.org.uk](http://jacobsfoundation.org.uk) and Maggie Cee a mental health campaigner. This alliance goes from strength to strength and is now joined by The Ginger Heart foundation (see Facebook)
- We launched our website [4tom.org](http://4tom.org) to raise awareness and promote our services, thank you to Sam at [Ampersam.com](http://Ampersam.com) for her patience and amazing work.
- We launched our counselling service. We now have several counsellors working with us based across Southeast Wales and can fund and organise counselling for those suffering with their mental health and suicidal thoughts.

## What's Planned for 2022-23

### Prevention

- Co-Alc have a stand at the mental health and well-being show at City Hall Cardiff during mental health awareness week in May
- Co-Alc and 4Tom have stands at Merthyr Rising Show in June
- We will continue to run free suicide prevention/intervention workshops. These sessions can be tailored to any group, workplace, sports club, youth group, families etc.
- We will continue to raise awareness through our social media, our website, our publications and public events

### Intervention

- We will continue to organise and fund counselling therapy for those suffering with their mental health

### Postvention

- We will expand our counselling to fund and organise counselling for those bereaved by suicide
- We will set up a monthly support group for those bereaved by suicide, this will be run by a qualified counsellor.

### How will we fund this....?

- We will submit a Big Lottery Fund application and a bid to Principality Building society charity fund, along with any other funds we can apply to.
- We are organising a charity dinner to be held in early 2023!

### But most importantly, we need your help!!!

Please consider supporting us by nominating us as your chosen charity for any events/challenges you are undertaking

If you'd like to organise an event to raise money for 4Tom please get in touch

### And finally, thank you!

To our family and friends for their continued support, particularly my parents.

To the amazing people I've met through 4tom who inspire me every day, particularly Maggie, Nicola, Mandy and Nadine

To the families I've met, sadly through our shared pain, who remind me what I'm doing is very much needed  
And of course, our boy, Tom. If not with you then for you, my darling. My never-ending love for you gives me strength and determination every day.