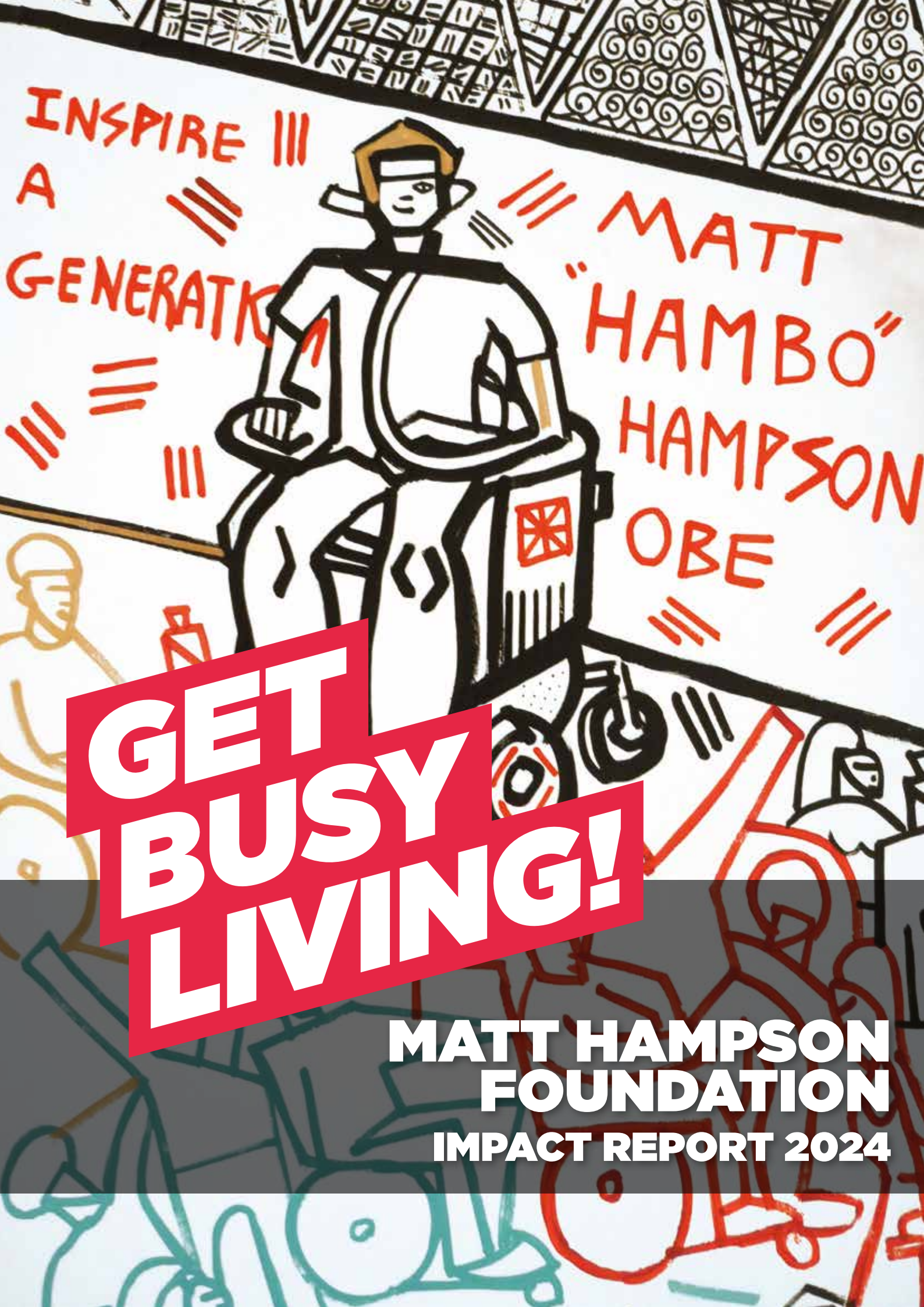

GET BUSY LIVING!

MATT HAMPSON FOUNDATION

IMPACT REPORT 2024

“You come to the Centre and no one sees your disability, they look at you and they see a person they want to make as good as possible.”

MATT HAMPSON FOUNDATION

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Front cover artwork from Get Busy Living Centre mural by Ben Mosley.

MATT'S WELCOME

Lying in bed in Stoke Mandeville Hospital 20 years ago – that's half my lifetime ago – I could never have dreamt that this Foundation would have helped so many young people seriously injured through sport.

Every year we see more beneficiaries 'Get Busy Living' and the Foundation continues to grow not just in the numbers of people we support but also in the services we provide. It makes me so proud to see beneficiaries enjoying fulfilled lives after injury and becoming mentors and inspiration for others joining our community by showing them what is possible.

We have been talking for some time about extending the Get Busy Living Centre to support even more young people following life-changing injury and I am very excited about those plans coming to fruition.

We can only do what we do because of the support people have shown over the last 20 years and I want to thank everyone who has played a part in the journey. I hope you enjoy reading about our incredible achievements this year and thank you for your continued support.

Matt Hampson OBE
Founder

CHIEF EXECUTIVE'S WELCOME

This has been another significant year for the Matt Hampson Foundation. Our dedicated team has worked tirelessly throughout 2024 to expand and enhance the support we offer to those seriously injured through sport, ensuring we continue to make a meaningful difference in their lives.

The Get Busy Living Centre has remained at the heart of our work, providing a unique space for rehabilitation, community and support. To meet the growing needs of our beneficiaries, plans for its extension are progressing well and the development of satellite hubs in Gateshead and London will make a tremendous impact, enabling us to take therapy and vital support networks to beneficiaries in new regions. These developments reflect our commitment to ensuring continuity of care and reaching more people across the UK.

None of this would be possible without the incredible support of our donors, fundraisers and advocates. The belief and pride so many of you show in the Foundation continue to inspire us and drive us forward. Together, we are creating life-changing opportunities for those who need them most.

I hope you enjoy reading this Impact Report and here's to an even more successful 2025.

Tommy Cawston
CEO

CHAIR OF TRUSTEES' WELCOME

2024 has been yet another fantastic year for the Matt Hampson Foundation beneficiaries and staff, and a very special year as we celebrated Matt turning 40 while also welcoming our very first beneficiary, Henry Fraser, to our board of trustees.

Whenever I visit the Centre, I am met by beaming faces and so many times these belong to new beneficiaries I haven't met before. The next time I see them, they can't wait to tell me how much the Foundation is helping them.

Team Hambo continues to give me so much inspiration and satisfaction and, having been involved since Matt's accident, I have been able to see just what we have done, and it never ceases to amaze me.

So many of our beneficiaries continue to astound me with their achievements. It truly is a fantastic charity, helping and inspiring so many, and with your continued support we can keep changing the lives of so many people.

Thank you all for your unique support

Roy Jackson
Chair of Trustees

"The Centre is a safe and comfortable place to be because you don't feel any less than anyone else."

George Peasgood, Beneficiary

THE FOUNDATION

The Matt Hampson Foundation supports and inspires young people seriously injured through sport.

The organisation was founded in 2011 by Matt Hampson following an accident which left him with a life-changing injury aged just 20.

We work with hundreds of beneficiaries and their families to provide expert physiotherapy, specialised personal training, wellbeing services, advice and support for those recovering from life-changing injury.

Get Busy Living vegetable garden

We have a clear purpose and mission, underpinned by strong values which are reflected in everything we do.

Our purpose: To support young people seriously injured through sport.

Our mission: To create a support network for people seriously injured through sport and their families, encouraging them to help each other by sharing knowledge and experiences.

Our values: Everything we do should inspire and encourage beneficiaries to 'get busy living'. We believe life can be amazing after serious injury. Rehabilitation should focus on the mental and emotional side of recovery as well as the physical. Inclusivity, trust and respect are of paramount importance to everything we do.

SERVICES THAT WE OFFER THROUGH THE GET BUSY LIVING CENTRE

- Physiotherapy
- Specialist personal training
- Counselling
- Yoga and neuro pilates
- Sports therapy
- Sports massage
- Functional Electrical Stimulation (FES)
- InBody composition testing and weighing facilities
- Centre social days
- Activity/experience days
- Access to WhatsApp group chat support
- Adaptive equipment trials
- Orthotics clinic
- Occupational therapy advice
- Bladder and bowel management advice
- Support with returning to work
- Careers guidance

“Every time we visit the Get Busy Living Centre we are inspired by the stories of the people who are benefiting from the work of the Foundation. We are keen to do anything we can to help the charity to continue and build on this amazing work.”

FACTS AND STATS FOR JANUARY TO DECEMBER 2024

New beneficiaries welcomed: **29**

Total staff employed: **23**

Physiotherapy sessions delivered: **1,640**

Sports therapy sessions delivered: **634**

Personal training sessions delivered: **1,390**

Yoga sessions delivered: **374**

Counselling clients welcomed: **43**

Counselling sessions delivered: **300**

Intensive rehab on-site lodge packages delivered: **73** (**58 fully-funded**)

Delegates attending leadership and team-building training sessions: **914**

University/A-Level students supported with work placements: **28** (**177 days in total**)

Total number of beneficiaries supported: 202

2024 HIGHLIGHTS

It has been another incredible year as we welcomed a brand new trustee in the form of the Foundation's first-ever beneficiary, Henry Fraser. We're delighted to officially welcome Henry to Team Hambo and are excited about the experience and insight he brings to the board and the impact he will make in his role.

Matt & Henry Fraser

Henry was a young rugby player when he experienced a life-changing injury in 2009 and told his story in his book 'The Little Big Things' which has since been adapted into an award-winning West End hit musical. He is now a renowned artist as well as motivational speaker.

"To be asked to join the Foundation as a trustee was a very easy 'yes'. Having seen what Matt has achieved with the Foundation has been nothing short of remarkable," Henry said.

"I'm not surprised by the success and ambition because Matt has a rare quality to really want to help and support others. I have experienced that first-hand, being the Foundation's first beneficiary, but also from the first time I met him.

"To be a part of this very special team and help the Foundation progress to help even more people is a real privilege."

Beneficiary Olli Ingram claimed victory at the Golf Trust Disabled Open, a medal at the Handigolf British Championship and was interviewed by the Sky Sports Golf channel for its 'Rise Up and Play' programme detailing his achievements since spinal injury. Beneficiary Henry

Henry Dunn

Dunn travelled to Texas to compete in the Adaptive Crossfit Games, along with head of operations Sophie Wilson. More about Sophie's achievement comes later in this report, but Henry qualified in the world top 10 after heading to Texas with support from K2, a global mobility relocation and professional services provider who have worked

Hambo Throwdown

closely with the Foundation. He had a highest placing of third in the individual disciplines and finished sixth overall.

Another beneficiary, Will Ruane, who is on the Foundation's Tindall Athlete Development Programme, competed in the Para Climbing World Cup in Austria, coming home with a top-10 finish, and we also had a presence at the Paralympics in Paris over the summer, with a number of beneficiaries competing in wheelchair rugby for Team GB as well as beneficiaries George Robinson and George Peasgood making an appearance as pundits. George R also starred in some comedy shorts screened during the Games, trying his hand at a range of para sports, none of which he was particularly good at and confirming his career choice to be an actor to be the correct one! Foundation ambassador and Paralympian gold medallist Kylie Grimes was also in attendance with a commentary role.

We organised the UK's first-ever functional fitness event exclusively for wheelchair users, the 'Hambo Throwdown' in August, which was a huge success with our beneficiaries and attracted competitors from across the country. The event featured more than 25 entrants in a full day of competition at The Panic Gym in Melton Mowbray, with participants ranging from first-timers to more experienced fitness competitors across four categories. The success of this inaugural event has already started to inform other similar events in the sector and it's fantastic to see the Foundation's influence.

We introduced a Motor Neurone Disease support service this year through a partnership with the MND Association and My Name'5 Doddie Foundation which is already supporting a number of new beneficiaries. Beneficiary Davy Scott said: "As a beneficiary of the Matt Hampson Foundation, I can honestly say Matt and all the staff at the Foundation have supported me and helped me navigate my journey dealing with my MND illness, with physio and mental health support as well as financial advice on my benefits etc.

“The Throwdown was something I hadn’t done before and because it was being put on by the Foundation it felt like a safe and inclusive environment to try something new.”

Olivia Langley, Beneficiary

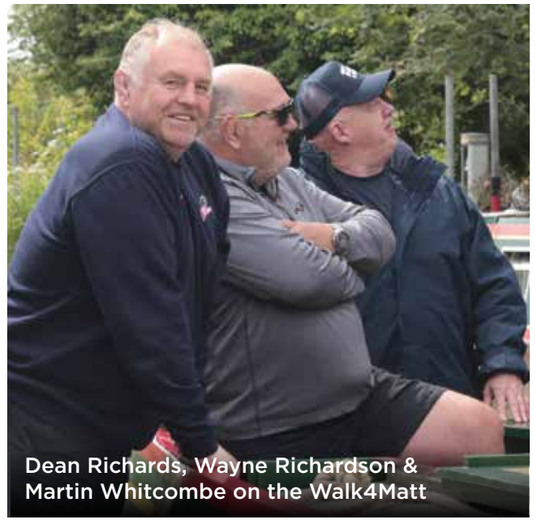
“They are more like my second family, checking in with me and supporting me every single step of the way on what’s a difficult journey to deal with.”

Support for Jo & Ed Slater

In August, a group of fundraisers including Foundation ambassador Jim Hamilton, joined a 350-mile cycle ride in 24 hours to raise funds to support Ed Slater and the ongoing fight against the disease which raised over £100,000. Former Leicester Tigers and Gloucester player Ed, who revealed his diagnosis during 2022 and attended the launch of the MND programme at the Get Busy Living Centre, said: “Matt’s Foundation and My Name’5 Doddie are both very close to my heart and I hope it gives everyone involved a huge amount of strength knowing that they have such good people behind them.”

The Walk4Matt returned to its spiritual home of Twickenham and raised more than £50,000 for the Foundation with 50 participants completing 100 miles and 100 locks of the Grand Union Canal on a route linking iconic sporting venues at Twickenham and Rugby.

Ahead of the walk, a team of volunteers from the Foundation, Peter Le Marchant Trust and Union Canal Carriers took the eight narrowboats south in readiness for the walkers’ challenge. Then, after attending the Gallagher Premiership Rugby Final together, participants on the return leg walked up to 18 miles a day with overnight accommodation on the boats for a full week, raising funds through sponsorship along the way.



Dean Richards, Wayne Richardson & Martin Whitcombe on the Walk4Matt

Former Leicester Tigers rugby players Dean Richards, Wayne Richardson and Martin Whitcombe joined the teams while one Foundation supporter, Felix Lloyd-Davies, became the first participant to run the full 100-mile distance. “Support from the public and the team involved in Walk4Matt has been amazing,” he said after completing his own challenge. “It is one adventure I will not forget soon.”

Through our links with jockey and beneficiary Graham Lee, we were invited to present the award to the winner of the Silver Trophy Handicap Chase at

Cheltenham alongside the legendary Sir A P McCoy, which was a fantastic opportunity to raise the profile of the Foundation and our work.

The Foundation established a relationship with Europcar for the supply of a branded vehicle and also collaborated with PING to develop a range of branded apparel and accessories which is now available to buy on our website.

Read on to find out what the different facets of the Foundation have achieved this year and what we have planned for 2025.

REHAB TEAM

The rehab team has gone from strength to strength this year. We have introduced a quarterly orthotics clinic, monthly occupational therapy advice clinic, weekly hydrotherapy sessions at an off-site pool, weekly neuro-pilates and yoga classes, and weekly functional fitness classes while we also have five beneficiaries on our Tindall Athlete Development Programme.

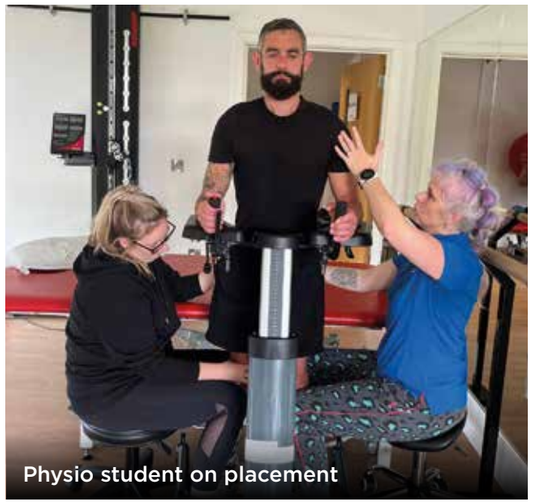
Our on-site lodges are fully booked, providing 15-hour intensive rehab packages every week for two beneficiaries. We introduced a new quality-of-life outcome measure for all of the beneficiaries - the Beneficiary Check Point - which highlights any issues, particularly in managing psychologically post-injury, enabling us to refer to our counsellor and also support people returning to the wider community with support from our Life Goals team.

Through the Life Goals programme, we identify beneficiaries who are successfully achieving their rehabilitation targets but may still be striving to reach broader personal life aspirations. We engage them in meaningful conversations to explore whether they feel additional support would be beneficial in areas including career development, education, confidence building, life coaching or hobbies and recreation. The Life Goals team then collaborates with our corporate partners and networks to create tailored opportunities, helping beneficiaries further explore and achieve their goals.

The team continued to extend its work during 2024, using professional experience and connections to provide support for beneficiaries who are physically and emotionally preparing to move on in work, education or sport but who may not be sure how to get there.

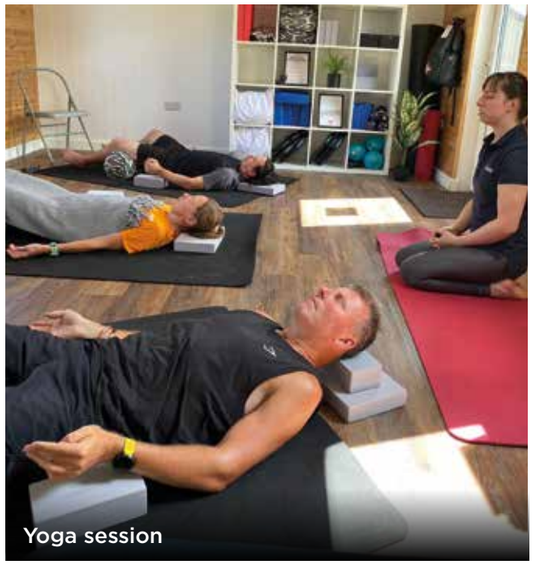
Henry Dunn, for example, spent a busy week at K2's UK office and said: "This experience has provided me with exposure to a range of roles I never knew even existed."

We continue to support the next generation of physiotherapists and sports therapists by welcoming work experience students on a weekly basis and we are also working with the University of Leicester to provide six-week official teaching placements to their physiotherapy students throughout the year. We also offer two-week placements for MSc students from Loughborough University working in sports and exercise science.



Physio student on placement

The Foundation welcomed a new space dedicated to yoga, providing a peaceful atmosphere for beneficiaries to develop strength, flexibility and balance as well as relax and re-balance.



Yoga session

Our dedicated yoga teacher Paige has delivered more than 370 sessions in 2024 and our offering has expanded to provide a weekly group session (previously held monthly) alongside one-to-ones and online sessions while each beneficiary in our lodges has two private sessions per week included in their stay. Paige is now a qualified oxygen advantage breathwork coach and will integrate this specialist method into existing and new sessions in 2025.

Tommy Cawston & Drew Graham

The Foundation's first regional satellite hub at Gym Possible in the North-East moved into new and bigger premises in Gateshead and is already proving to be a big success with more than 40 members signed up in the region. A 10-strong team from the hub, led by manager Drew Graham, took part in the Great North Run in September, raising some fantastic funds to support beneficiaries.

WELLBEING

Our BACP Accredited counsellor, Gill, provided more than 300 hours of one-to-one sessions with beneficiaries and their families in 2024.

This included face-to-face sessions in our dedicated wellbeing pod and online, supporting those who live further afield and are unable to attend the Centre regularly. We've also extended our service to include parents and partners by hosting regular evening sessions for family members supporting our beneficiaries to come along and chat over a cup of tea and cake.

We have seen a huge benefit to those who have taken up one-to-one sessions with Gill as they move through their journey post-injury and establish new life goals and ambitions with hope, self-belief and determination to succeed.

Our monthly Wellbeing Wednesday provides a space for staff to talk and for us to supply valuable handouts which have now been condensed into colourful and helpful postcards to support everyone with their wellbeing and self-care.

In 2025 Gill aims to extend the provision with more group therapy psycho-education and will undertake further training and development in being an Accredited EMDR Practitioner which is a valuable tool in supporting those with PTSD.

LEARNING AND DEVELOPMENT

The Foundation's Learning & Development team has delivered leadership and team development programmes in the USA, Singapore and South Africa alongside its UK delivery in 2024.

Foundation beneficiaries Sophie Wilson, Henry Dunn and Taylor Gough have also worked alongside our team to inform sessions with companies including Samworth Brothers, NEXT and Europcar.

The third annual Get Busy Living Corporate Games took place at the Get Busy Living Centre and the new Matt Hampson Award for sixth form students contributed to the Foundation providing training for more than 900 young people in the last 12 months.

As part of the Life Goals programme, beneficiaries including Giselle Moor, Dan Parker and Henry Dunn have been provided work placements and career search support through our links with recruitment consultants Michael Page.

Long-time Foundation supporters Barratt Developments generously

Sophie Wilson with her parents

sponsored beneficiary and Foundation head of operations Sophie Wilson to travel to Texas to compete in the global Adaptive Crossfit Games in September. Sophie successfully came through qualifying events in the UK to earn a place in the final stages of the competition.

Hosted in San Antonio, the Adaptive Crossfit Games By Wheelwod ran over four days, testing 300 competitors from all over the world in a series of workouts using a format designed to provide fair competition for all categories of entrant. Sophie, who only entered her first crossfit event last summer, made the trip with support from Barratt Developments, the country's largest housebuilder and long-time friends of the Matt Hampson Foundation. After intense competition, she finished in second place in the global challenge – an incredible achievement.

Hari Budha Magar

Thanks to Barratt, we were also lucky enough to welcome Hari Budha Magar, the first double amputee to summit Mount Everest, to the Centre to speak to delegates, beneficiaries and staff about how he approaches challenges since life-changing injury while serving in the British Army in Afghanistan. He also spoke about growing up in a rural community in Nepal and his aim to climb the highest peak on each of the continents as he continues to raise awareness of disability issues and inspire others by showing what is possible.

Our experienced team of business coaches work alongside leading organisations, helping them to find their edge in an increasingly competitive world. Drawing on the latest training approaches and techniques, performance insights from elite sport and Matt's personal philosophy, we help teams to develop focus, empathy, determination and the belief in a shared vision.

We develop commercially valuable skills and behaviours in four vital areas:

- **Leadership and development coaching**
- **Diversity, equity and inclusion**
- **Team development**
- **Workplace resilience & wellbeing**

Here are some testimonies on our leadership and development sessions:

"*We had an amazing time with the Matt Hampson Foundation team – the use of experiential learning and of Lumina Spark has made a profound impact on how I see myself and others. The Get Busy Living Centre has been a truly inspirational setting to spend some valuable time together as a team.*"

Amy Richardson | Head of Legal, Barratt Developments plc

"*Powerful and inspirational stories. insights and experiences about creating a truly inclusive environment.*"

Sean McGovern | CEO, AXAXL UK & Lloyds

"The Foundation's learning and development team delivered an engaging and thought- provoking session to the senior leadership team, expertly facilitated by Geordan Murphy, Dan Hipkiss and Claire Drury. Both Geordan and Dan have a background in professional rugby and so they know the importance of teamwork and playing to people's strengths."

Richard Rutledge | Executive Business Director, K2 Corporate Mobility

"It was thought-provoking, bonding, inspiring, humbling, motivating, personable and high quality – they felt invested-in and walked taller as they exited than when they entered. Thanks for making us feel so welcome and helping develop our leadership skills."

Mark Newberry | Commercial Director UK & Ireland, Europcar

For more information on booking a Leadership and Development course or a team into our Get Busy Living Games, contact Dan Hipkiss dan@hambo.co.uk

Corporate Games 2024

MARKETING, FUNDRAISING & EVENTS

The Foundation has been named as a charity partner of the British & Irish Lions ahead of the rugby tour to Australia in 2025. We were also adopted as a partner of the Go Racing In Yorkshire Summer Festival following the support given to jockey Graham Lee during 2024.

Julian Evans

The film 'Everest for Hambo' was released on Amazon, charting trustee Julian Evans' expedition to the world's highest summit entwined with the story of Matt's Foundation.

The Centre's personal trainer Sutty was named in the Disability Power 100 and top ten in the Sport, Health and Wellbeing category for his work and his use of social media in raising awareness of disability and inclusion issues. We also welcomed Paralympian gold medallist Kylie Grimes MBE as an ambassador.

We had incredible support from so many people taking on physical challenges to raise funds for the Foundation this year including Steve Burnhill, who for his 60th birthday walked from Manchester to

Kylie Grimes MBE, Foundation Ambassador

Leicester, visiting his former rugby clubs along the way and covering 180 miles across 10 days. He raised an incredible £29,000.

Gravity Fundraisers

Gravity Fundraisers, who included Matt's dad Phil Hampson, raised an impressive £20,000 with a cycle from Paris to Twickenham in time for the Premiership Rugby Final in June.

George May and friends cycled from Land's End to John o' Groats. George had a cycling accident in May 2023, fracturing his C2 vertebrae and spending a week in a high dependency unit before being discharged with metal work stabilising his neck. He feels fortunate that he did not need our support but, through his experiences, understands the value of the work we do.

Davy Scott and fundraisers

Davy Scott, a beneficiary through our partnership with MND charities, raised more than £15,000 for the Foundation, the MND Association and LOROS hospice. Since being diagnosed, he has united with family and friends to raise funds to support others with MND and to raise awareness. He organised a 50-strong group walking the Yorkshire Three Peaks as well as golf days and has big plans for next year with his fundraising.

Thanks also to beneficiary Henry Dunn, One Bedford and Bearing Point for the funds raised through their challenge events.

In total we raised more than £110,000 through individual fundraisers organising their own events and another £39,000 through challenge events including the London Marathon, Great North Run and London Landmarks to name a few. Highlights here include beneficiary Olivia Langley completing her first half-marathon at London with sights set on completing the London and Berlin Marathons in 2025.

Towards the end of the year, we celebrated Matt's 40th birthday, with reporters from BBC TV and ITV visiting the Centre to interview him, our beneficiaries and staff as well as obtaining coverage in print, sports and online media.

We threw a surprise party for Matt at the Leicester Tigers stadium to celebrate in true 'get busy living' style with friends, family, staff and beneficiaries. This milestone will be closely followed by another in March 2025 when we mark 20 years since the injury which changed Matt's life forever and its impact on others at the start of a huge year as we move ahead with plans for the extension to the Get Busy Living Centre.

In mid-December we were thrilled to find out that we have won a Radio 4 charity appeal which will be broadcast next Summer. This has the potential to raise some significant funds for the Foundation as well as raising our profile on a national level and provides the opportunity to reach a new audience with our messages.

MHF TEAM

We have welcomed Ben Gray, a new physiotherapy assistant and strength and conditioning coach, to our rehab team.

Personal trainer Sutty has been fundraising consistently all year for the Foundation, taking on the Leeds Half-marathon, London and Manchester Marathons and a 100K run from London to Brighton with more incredible fitness challenges planned for 2025.

Head of HR, Heather, completed the Great North Run for a second successive year while yoga teacher Paige and marketing and fundraising manager Abbie completed the London Landmarks 10K. Paige also completed the London Landmarks event as a frame runner and is aiming for a world record at the London Marathon in 2025.

We'd like to thank our many generous supporters, including the following organisations, for their support in 2024

ACCQUIS
Anderson Foundation
AQ Construction
AXA
Barratt Homes
BearingPoint
British and Irish Lions Trust
Building Product Design
Burrough Court Estate
Clyde & Co
Coles Nurseries
Croft Communications
Davidsons Homes
Edith Murphy Foundation
Europcar
Exemplar Health Care
Furniture Village
GRS Roadstone
Hartford Care
HCC Solicitors
Hospitality Finder
Inchcape Derby
Indigo Fitness
K2
Knight Frank
Legend Holidays & Events
Leicester Tigers
My Name'5 Doddie Foundation
NEXT
Northampton Saints
Oakham School
Odendaal Diamonds
Porters Executive Travel
Prima Solutions
Rockwell Property
Sabretooth Tigers
Samworth Brothers
SpecSavers
T P Bennett
The Belfry
The Do Club
The Injured Jockeys Fund
The Syncona Foundation
Therabody
Tiki Tonga Coffee
Under the Posts

CASE STUDIES

Here are a few of the stories behind our beneficiaries and their journeys.

MEGAN FIELD

Following spinal injury, horse-rider and coach Megan Field says her work with the Matt Hampson Foundation provides motivation and inspiration as well as practical skills and rehabilitation.

"I met Sutty [the Foundation personal trainer] and heard his story and how he changed his whole life because he wanted to help other people with disabilities," she said.

"Seeing him and the work that Sophie does with the Foundation, seeing people with a disability doing really meaningful work, that was a really big thing for me because I was a riding coach before my accident and I want to do that again. They show me what is possible.

"It's about finding ways to adapt my life to the way it is now but not being limited. Just because you don't see anybody else with my disability doing something or people don't think you can doesn't mean that you can't."

Even before leaving hospital, Megan wanted to explore every avenue in remaining active and she continues a commitment to hard work in her recovery journey.

"The Foundation team ask about my goals and they look at a way of making them happen. There is never any doubt, it's always 'we can find a way to do this'," she said.

"I find the work very practical, too, and that is so important in building independence and confidence, and just getting back out and doing things. Every time I go to the Centre, I work harder and harder then I take that away with me, trying to improve my strength and stability so I can get stronger in everyday life."

ED BOYD

Ed Boyd joined the Foundation during 2024 and says the sense of community at the Get Busy Living Centre is a major part of his rehabilitation following his spinal cord injury.

"At the start, I was really focused on getting better but it's also nice to come here to discuss issues with the team," says Ed who works in marketing for a tech firm. "I always feel better about things after speaking to them about it. It's great having the community and being around people who understand it."

That community feeling was just as strong when Ed was among the athletes at the Hambo Throwdown, the first adaptive fitness competition exclusively for wheelchair users in the UK, which was organised by the Foundation in August 2024.

"I have a 'why not?' attitude and thought I'd have a go," he says.

"So I started going to crossfit and I was mostly just hoping to get through the competition, but I really enjoyed it. On the Ski-erg test, my estimated finish was just within the time but there were so many people around cheering me on and that made a massive difference."

GRAHAM LEE

Grand National-winning jockey Graham Lee teamed up with the Matt Hampson Foundation immediately after leaving hospital in 2024 following spinal injury.

Respected throughout horseracing with almost 2,000 winners during a career on the Flat and over jumps – including victory in the 2004 National at Aintree on board Amberleigh House – Graham and his wife Becky have become regular visitors to the Get Busy Living Centre from their home in North Yorkshire. As well as using the accommodation and working with the physiotherapy team, the Centre has also become a social space where they feel comfortable to welcome friends from the world of horseracing and beyond who perhaps would be unable to travel as far as the North-East regularly.

Graham has also had support from the Injured Jockeys Fund and his many friends in racing, which has introduced

the Foundation to people who were previously unaware of its work. Through the link with Graham, the Foundation was invited to raise awareness at York's biggest race meeting of the year and adopted as a charity partner of the Go Racing In Yorkshire Festival with fundraising events on multiple courses in the summer of 2024.

AP McCoy, who was knighted in 2016 after a record-breaking career as 20-time champion jockey, is a close friend of Graham's and said: "The Get Busy Living Centre has been invaluable to Graham after injury and has helped him and his family so much. All the team should be so proud of what they do and we are all so very grateful."

DREW GRAHAM

Drew Graham was a national collegiate champion athlete and Olympic trials competitor in the USA when he experienced a spinal cord injury. After returning home to England, he was unable to find a suitable, affordable gym for wheelchair users like himself, so he created his own.

In 2023, his Gym Possible brainchild in the North-East became the first regional hub for the Matt Hampson Foundation, taking support out into other parts of the country, and has now established itself in new, bigger facilities in Gateshead.

"One consistent factor on our journey has been the continued support from Matt and the Foundation," said Drew.

"The help and guidance they provided allowed us to evolve into the gym we are today. To know that the Foundation is with us every step of the way gives us the confidence to move into the future with the clarity and focus to provide the accessible exercise services so desperately needed.

"We have a physio day supported by the Foundation which brings extra people in who then use the gym as well and there's a good vibe with the chat of people being together. Rather than having a set-up like a support group, it just happens naturally."

"I can't believe I've got to 50 games with the Leicester Tigers Wheelchair Rugby Team already. It was only when I was looking at some photos that I saw when Matt's Foundation helped me to get my chair last year and the time has flown by."

Laurence Ball, Beneficiary

GET BUSY LIVING AWARD WINNERS FOR 2024

In December we held the third instalment of our Get Busy Living Awards at De Montfort University, Leicester to celebrate our amazing beneficiaries and all that they have achieved in 2024. It was also a great opportunity for staff and beneficiaries to spend some time together and let their hair down after a challenging yet rewarding year. Introducing our winners...

GET BUSY LIVING AWARD
GEORGE ROBINSON

We couldn't imagine a more deserving recipient for this award than George who truly embodies the spirit of 'get busy living'. From his incredible acting career to his contributions to TV coverage of the Paralympics in Paris and even purchasing his own flat in London, George continues to thrive in all aspects of life. George uses his platforms and profile to highlight the challenges faced by the disabled community and to promote inclusivity wherever he goes. Keep reaching new heights, George, we're excited to see what you accomplish next!

STAND-OUT DEDICATION AWARD
ALEX SHARPE

Alex was chosen for this award in recognition of his remarkable commitment to self-improvement over the past 18 months. Despite facing challenges and moments of uncertainty, he seizes every opportunity that comes his way. He has dedicated himself to preparing for a successful career and building physical and mental resilience, even gearing up to compete in his first crossfit competition next year. We are all incredibly proud of Alex and excited to watch him continue to grow and thrive.

ABOVE AND BEYOND AWARD
ROY JACKSON

Roy receives this award for his unwavering dedication to the Matt Hampson Foundation. He has not only played a hands-on role in the Foundation's daily operations but has also been instrumental in its growth and success over the past 20 years. His leadership, vision and deep personal commitment have helped to establish our unique charity and develop the incredible life-changing support it provides to so many people. During this past year, Roy also led the iconic Walk4Matt, raising funds and awareness of the Foundation. Beyond his professional contribution, Roy is celebrated as a close friend, mentor and guiding voice for both Matt and Tommy, offering the wisdom and support which allow them to lead the Foundation with confidence and creativity. His experience, care and belief in the Foundation's purpose remain invaluable. Roy's impact is immeasurable and recognition through this award is a testament to his enduring legacy. Congratulations and heartfelt thanks to a truly great man who inspires everyone connected to the Foundation.

CRAIG BARKER SPORT AWARD
NOAH COSBY

We are thrilled to recognise Noah with this award for his outstanding achievements in motorsport with Team Brit. Through remarkable dedication, Noah worked tirelessly to secure the sponsorships to pursue his dreams on the track. Not only did he advance from a Citroen C1 to a BMW in 2024, but he finished the season racing in a McLaren. His passion is infectious and his drive to succeed is truly inspiring. Congratulations, Noah, on a phenomenal season!

HENRY LOVE AWARD
(VOTED FOR BY OUR BENEFICIARIES)
GERALDINE BURDETT

Gez was chosen as the beneficiaries' beneficiary this year and it's easy to see why. Always arriving at the Centre with a warm hug and a big smile, Gez has an incredible way of lifting everyone's spirits. Her kindness, enthusiasm and genuine care for each person she meets is truly inspiring. Thank you, Gez, for all the love and support you bring - it never goes unnoticed.

WHAT'S NEXT?

2025 is going to be another big year for the Foundation with the marking of the 20th anniversary of Matt's life-changing accident in March and exciting plans for the extension to the Get Busy Living Centre.

Our biggest focus is on continuing to turn Matt's dream of a bigger and better Get Busy Living Centre into a reality. Construction company Rockwell Property and architects TP Bennett have committed their support and services this year, taking us one step closer to helping even more young people seriously injured through sport to 'get busy living' again.

Atlantic row challenge December 2025

Anniversary year for Matt Hampson

Centre extension

While we have been generously gifted the support on construction and planning, there is still a lot of fundraising to be done to fit out the new and improved Centre, purchase equipment, recruit and train more staff to support an increased number of beneficiaries and to cover increasing overhead costs.

Every donation makes a huge impact on realising this goal. If you would like to get involved and support the Foundation at this exciting time please read on for just a few ways you can help. Or contact **abbie@hambo.co.uk** for more information.

We will have a host of activities taking place throughout the year - see our website and social media channels or subscribe to the monthly newsletter to stay up to date with all the latest news from the Foundation.

GET INVOLVED!

There are many ways to help the Foundation raise vital funds to support our work with our beneficiaries:

Take on a challenge to fundraise for us - tackle the London Marathon, Great North Run, the London or Berlin Marathon or organise something simple like climbing up your stairs and ask friends and family to sponsor you. Every penny helps!

Become an official member of Team Hambo - make a regular donation and keep updated about our work. You can do this by clicking the Donate button on the homepage of our website.

Leave us a gift in your will – a legacy is a fantastic way to make a real difference to a cause close to your heart.

Become a corporate sponsor and join our new sponsorship scheme or book a team-building and leadership session with our experts. Or ask if your employers would adopt us as a chosen charity.

Come to a fundraising event - including our annual rugby dinner, golf days, cycling events, swimming, shooting and lots more besides. By buying a ticket, not only will you be supporting the Foundation financially, but you're guaranteed to have a fantastic time doing it.

Our events in 2025 include:

Rugby Dinner at Battersea Evolution, London – 26th February

Summer Ball at Marston Trussell – 21st June

Shooting day with Mike Tindall at Royal Berkshire Shooting School – 18th September

Annual Titch vs Tins Golf at The Belfry – TBC in October

For more information and to book your place contact **amy@ourlegend.com** (or abbie@hambo.co.uk for the Summer Ball).

Annual rugby dinner

Summer Ball

Run 5k, 10k, half or full marathon

Golfing and shooting events

“The Foundation offers so much and they are always expanding what they offer to people. The Get Busy Living Centre is such an asset.”

Matt Hampson Foundation, Twyford Road, Burrough on the Hill, Melton Mowbray LE14 2JR

Registered charity number: 1139823 | Patron: Mike Tindall MBE | Publication date: January 2025