

Intune 2023



Over 37,000
people helped
this year



WaveLength
Fighting loneliness



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If you would like to help us save paper, we will stop posting the magazine and instead email you to advise when it is available to download or view on our website. To move to an online version, please email: fundraising@wavelength.org.uk

Sign up for our e-newsletter

If you are interested in hearing more about the hard work we do, then please sign up for our quarterly e-newsletter. This will keep you up-to-date with the latest news, events and learn how we are tackling loneliness. Please visit: www.wavelength.org.uk/subscribe-to-our-newsletter

Follow us on social media for up to the minute news:

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 @wavelengthcharity



A message from our chairman Daniel Smith, and our CEO, Tim Leech

Welcome to the 2023 edition of InTune. We hope that you'll enjoy reading about the Charity's work this year, and the difference we have made to so many lives thanks to you. With your support, we have been able to deliver technology to people who are desperately lonely, isolated and who face many different challenges.

As you will read later on, your support has enabled us to help individuals whose circumstances have led to them using the Changing Lives charity in Wolverhampton. By supplying technology to the group, we have been able to support many women and children in 2023 and beyond. Aiding groups such as Changing Lives really does benefit the many, and makes such wonderful use of your generous donations.

We continue to work the length and breadth of the UK, tackling isolation and loneliness in all its forms. We were delighted to support West Mercia Women's Aid who help women and children suffering from domestic abuse - which, shockingly, is experienced by 1 in 4 women at some point in their lifetime. Our partnership with them enables WaveLength to provide comfort and support to incredibly vulnerable women and children at an impossibly difficult time.

WaveLength continues to represent the lonely and isolated at the highest levels, through our involvement in the All Party Parliamentary Group, and by attending the three main political party conferences. We were able to meet and share our thoughts and vision with senior politicians including Stuart Andrew MP, the Minister for Loneliness and Jamie Stone, the Liberal Democrat spokesperson for culture, media and sport. Pressuring the political parties to incorporate loneliness into their

manifestos would be a huge step towards tackling the problem.

WaveLength has moved offices this year and are now based in Cambridge, where we hope to engage with the many local tech organisations as well as the university. The move, in conjunction with an influx of talented new team members, will help us to continue our vital work and expand our reach even further.

Finally, on behalf of all the beneficiaries as well as the team at WaveLength, we'd like to reiterate our sincere thanks for your support during 2023. Without you, the Charity would not function as it does, nor would we be in a position to make such a difference to those suffering from loneliness and isolation.

Wishing you a very merry Christmas and all the best for 2024.

Daniel and Tim



WaveLength and Jamie Stone MP

Spreading the word



At WaveLength we are very proud to have supported over 37,000 people this year. We are committed to promoting and expanding our services throughout the UK so that we can help even more people in future years and as one of our valued supporters, we recognise your commitment to helping us achieve this aim. The team at WaveLength are extremely grateful for this and hope you'll help us to:

Spread the word with family and friends
Can you share the work we do with family and friends? They could sign up to our regular electronic newsletter, to this magazine, or follow us on social media to find out more about what we do.

Spread the word with local businesses
We would like to work with more companies, developing partnerships that help us tackle loneliness across the UK, and help them meet their corporate social responsibility.

Are you an employer or employee, or do you have any links with local businesses who might be interested in supporting local community groups?

By working with WaveLength, businesses can:

- Directly impact their local community
- Help tackle loneliness across the UK

- Help shape and guide policy around digital equity
- Improve employees' well-being by talking about loneliness

We work with companies to develop bespoke partnerships which engage their staff and customers. This can include choosing WaveLength as their Charity of the Year, support for a local group, a one-off or regular financial gift, support for a specific group experiencing loneliness, for example the homeless, volunteering opportunities, or taking on a challenge to raise funds.



Spread the word with charitable Trusts or Foundations

We are extremely grateful for the donations we receive from charitable Trusts and Foundations, some of whom have supported us for a number of years. With their help, we have been able to deliver some of the projects featured in this newsletter.

We rely on these donations to run our larger projects, so if you are a Trustee of a Trust or Foundation, or could introduce us to a charitable Trust or Foundation, we'd love to talk to you.

Together, we can reduce the effects of loneliness and make sure the voices of lonely, isolated and vulnerable people are heard.

Changing Lives

Changing Lives is a national organisation supporting women in the criminal justice system. The majority of women using the service face multiple challenges relating to mental health, domestic abuse, homelessness, exploitation and alcohol or drug dependency.

Changing Lives help service users to develop the skills and self-belief to move past prior experiences, change their story and achieve a better future – for themselves, their families and their communities. It is a wonderful organisation and one WaveLength were delighted to support.

Changing Lives delivers specialist women's and family services and provides employment opportunities, all of which are supported by a number of successful social enterprises including charity shops, a furniture warehouse and a food redistribution service.

In October of this year, WaveLength

provided 10 tablets, which are being used within group training sessions to help service users develop digital skills for accessing online support services and educational courses.

Samantha Lockley, Specialist Women's Justice Practitioner, expressed her gratitude for our support and says "The interest in the training sessions has been great to see. We have been able to run sessions to help people to develop their digital skills and access online support for varying interventions such as mental health and employment."

In addition, WaveLength also supplied 2 televisions which have been placed in communal areas. It was hoped that they would help to create social spaces including 'movie evenings' that allow the women to socialise in a safe and supportive environment. Samantha says, "The TV's have brought people together and reduced isolation as well as improving social skills and mental health."



FREE Will offer for InTune subscribers

Gifts in Wills are one of the most important sources of income for WaveLength and an area we would like to expand on to allow us to help more people. Surprisingly, half of all UK adults do not have a Will.

What are we doing about this?

In recognition of the importance of legacies to the charity, we have partnered with an organisation called Free Wills. This partnership is designed to help us with three important goals:

- Encourage more people to make a Will
- Give something back to our supporters
- Grow much needed income over the longer-term

We have been very selective about our choice of partner. Free Wills has a Trustpilot rating of 4.9 / 5 from over 4,000 reviews and are full members of The Society of Will Writers. They are trusted and experienced and have helped over 87,000 kind-hearted supporters like you to pledge more than £97m to charity.

Our offer to you

As a valued supporter, we'd like to offer you the opportunity to take advantage of the FREE Will service. The average cost of a UK Will is now approximately £350. There is no obligation to leave a gift to WaveLength, but of course if you are able to leave a gift once your loved ones' needs are taken care of, it would be greatly appreciated.

How it works

Using Free Wills, you can create a full, legally binding Will online, with telephone support if needed. Once you have completed the quick and easy process and submitted your Will, it is thoroughly checked and approved by a practising solicitor, giving you complete peace of mind - and usually in less than 5 days.

To take advantage of this offer, simply visit WaveLength's page on the Free Wills website www.freewills.co.uk/charity/wavelength and complete the online process to get your Will absolutely FREE of charge.

To summarise the offer

This partnership is designed to help us with three important goals:

- Writing your Will with Free Wills is completely FREE and the online process can take as little as 15 minutes
- Each Will is checked, vetted and approved by a practising solicitor regulated by The Solicitors Regulation Society
- If your Will is more complex, or you are unsure, you can use the telephone option available on the Free Wills website

We hope that, if you take advantage of this offer, you are able to leave us a gift - but remember there is no obligation to do so.



West Mercia Women's Aid



West Mercia Women's Aid are a regional charity working with survivors of domestic abuse, including coercion and control, stalking and harassment, and threats of harm, by providing safe shelter and information. 1 in 4 women in the UK will experience domestic abuse at some point in their lives and they work for a world that is free from violence against women and girls, and where everyone can live without the fear and reality of all forms of abuse and discrimination. Such an important organisation is very much deserving of our support and WaveLength were determined to help. We provided a number of items to help them including:

- 8 small televisions, which were placed in rooms so that individuals were able to watch programs of their choice in a secure and safe space of their own. They were a great help, especially to children and young people, allowing them to find comfort and fun whilst living in a new environment

- 1 communal TV which encouraged service users to get together and bond with others - a vital means of reducing loneliness - as well as encouraging children to gather and form friendships
- 5 tablets, which were primarily used to help women maintain social networks as well as improving online skills, and general help with IT literacy.

A spokesperson from West Mercia Women's Aid said "It has been so beneficial to offer our clients entertainment in the form of TV's in their bedrooms. The communal TV has allowed the children and young people to engage with each other and create healthy relationships.

Tablets have enabled clients to maintain social networks, enrol in groups and engage their children in educational and fun activities. We are so grateful to WaveLength for their support".

Messages of thanks

“I have lived a chaotic lifestyle for many years. For the first time in my life I actually have a TV which I can relax with at home and watch. This might sound silly to most people but a TV is actually going to change my life. I no longer have to walk the streets to avoid silence.”



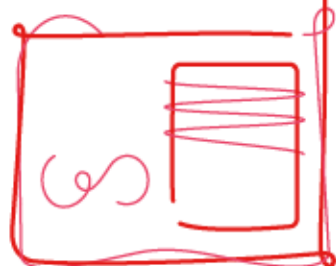
“I’m still learning how to use the tablet, but it will be great. I want to write a children’s book for my grandchildren to remember me after I am gone.”

“Having a TV has meant the world. Just to have it on in the background means I have a source of company. Just something to listen to when I am doing other things. Thank you.”



“I can now watch movies and videos on the tablet and call my friends and family when I feel lonely.”

“The radio fills the gap of loneliness between not seeing any friends or family.”



“The TV is a very soothing companion.”



“The TV has had a positive impact on my life as I very rarely leave my home and this offers me some company. It has helped me to cope with loneliness.”

“Thank you for supplying the TV’s and tablets. They will enable our members to learn many life skills that neurotypical people take for granted. Their research skills will increase whilst they attend our services and they can also receive a great deal of entertainment that they can enjoy together whilst socialising as a group.”



“The TV has helped me to feel relaxed and made me feel calmer when I get anxious.”



“Having this tablet has helped with my anxiety and I don’t feel lonely like I did before. I am able to watch online videos, which helps keep me occupied. I am very thankful to WaveLength for easing my loneliness.”

Charlotte's Brightside



Charlotte's Brightside are an organisation based in New Brighton, Wirral. Their primary purpose is to meet the needs of young people, which they manage through the provision of recreational and leisure activities designed to improve their life conditions. They provide support and help to develop skills, capacities and capabilities, enabling participation in society as mature and responsible individuals.

The organisation have developed a mission statement which is "To build a community where all, especially children and young people are encouraged to develop their best possible potential in body, mind and spirit". Some of the activities that they run include yoga, art, crafts, cooking, drama, dance and singing.

WaveLength were approached to help the organisation and its service users by supplying tablets to help with the delivery of classes designed to teach their young people skills online. We are hugely

supportive of organisations such as this and were able to provide them with 30 tablets in September of this year.

Angie Churchill, Group Coordinator said "The tablets that WaveLength sent us were a massive help. They allowed us to run classes aimed at improving children's online skills and we focused on homework. This meant that the children could access their online school work to complete with our qualified teacher and alleviate the stress of homework at home. Our adult art group have also used the tablets to link in with other like-minded groups. This has lessened loneliness, developed skills and kept them active whilst having fun. The response has been great and we plan to further utilise the tablets for all our children and adult groups in future."

Thanks to your generosity, the technology we were able to donate has helped around 120 children, young people and adults since they were delivered around 3 months ago, with many more to be helped over time.

Making sure people are not left behind

Earlier this year, WaveLength attended a roundtable event hosted by Ofcom, linked to work around how the BBC engages with under-served audiences. This had particular focus on audiences in socio-economic groups that are highly diverse, older, unemployed, have a disability, or are socially isolated. It was especially important we were able to provide our insight into the experiences people we have worked with from these backgrounds have. We hope to continue to work closely with Ofcom and the BBC on this.



In the summer, we were invited to attend the 'All Party Parliamentary Group on Tackling Loneliness' event on Youth Loneliness. We heard from UK Youth, a leading charity whose vision is that all young people are equipped to thrive and empowered to contribute at every stage of their lives. It was particularly powerful to hear stories from those who had been through the care system and experienced severe levels of loneliness and isolation, and we were grateful to UK Youth for sharing those stories. We know that it is 16-24 year olds who are currently suffer from loneliness the most, and we hope to be able to play our part in tackling this crisis.

WaveLength were also at the Liberal Democrat, Conservative and Labour Party conferences this year. We met with key political influencers and policy-makers to help inform public policy around loneliness and digital access. This included Stuart Andrew MP, the Minister for Loneliness, and Jamie Stone MP, the Liberal Democrat's spokesperson for Digital, Culture, Media and Sport. We'll be holding follow-up meetings with people we met at the party conferences this year to continue dialogue around our work, and our ideas on key pledges we hope to see included in manifestos ahead of the next general election, namely:

- **Free and reliable broadband for all.** WaveLength believes that everyone should have access to reliable broadband. Many people know how to use technology, but don't have the connectivity to get online, and with more and more services moving online, we believe no one should be left behind.
- **A "loneliness test" to measure against existing legislation.** A test exists for wellbeing but not for loneliness, but it would be extremely useful to be able to test loneliness measures against existing and future legislation to ensure we aren't exacerbating the problem.

Supporting our work

As a charity, we rely on generous donations from caring and compassionate individuals, companies and groups to continue our vital work. Please help us to spread awareness by promoting WaveLength to any groups that you might be involved with or know of. These could include Women's Institutes, church groups, rotary groups, masonic lodges or employers that run Charity of the Year schemes.

By donating to WaveLength you are making an immediate difference to people's lives helping to alleviate their feelings of loneliness by connecting them to friends, loved ones and the outside world.

Technology is one of the most effective tools to help combat loneliness, yet so many people across the UK are living without basic everyday items such as radios, TV's and tablets. We aim to change that, but cannot do so without your help and that of groups and companies.

There are many ways that you can help, donate and fundraise for WaveLength. Raising awareness is as important as financial donations, so please do pass InTune to a friend or colleague. All donations help to deliver the essential work we do and there are many ways to give:

Post

Give someone the gift of comfort and companionship this Christmas by sending your donation to us using the envelope provided.

Monthly Standing Order

If you'd like to make a regular donation on a monthly, quarterly or annual basis, please set up with your bank.

Leave a gift in your Will

If you would like to leave a gift in your Will, you can add WaveLength as a legatee. For further information, please call us.

Fundraise for us

Why not put on your trainers and run a race, or show off your baking skills by hosting a bake sale or coffee morning at your workplace? Your fundraising efforts can help raise vital funds for WaveLength.

Contact us

WaveLength
47-51 Norfolk Street
Cambridge
CB1 2LD

Telephone: 01233 776770

Email: fundraising@wavelength.org.uk

£60 buys a tablet for someone who needs to apply for jobs, contact family, and enables their children to keep up with schoolwork.

£130 buys a large TV for a communal area in shared accommodation. This brings residents together and helps them to feel less lonely.

£40 buys a radio for an individual or for a communal area in a refuge or hostel. This helps residents relax and enables them to keep in touch with the world.

Find out more

WaveLength is the UK's oldest charity tackling loneliness and isolation through the provision of technology. We give radios, televisions and tablets to people experiencing hardship to help them overcome loneliness. The people we support are lonely because of age, illness, impairment, or through circumstances which make it hard for them to leave the house or meet new people.

Over the last 84 years, we've worked with domestic violence refuges, young people leaving care, homeless hostels, day care centres, schools and community organisations.

As demand for our service grows, we're looking to expand our support to beneficiaries while continuing to champion the cause for those experiencing loneliness. By establishing The Loneliness Foundation Fund, we're strengthening our commitment to tackling loneliness in the UK.

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