



# I CAN & I AM

## A Round up of 2017

### What a year!

2017 can only be described as a year of great progress with giant steps taken in all areas of the charity. We arrive at the beginning of 2018 with a great sense of both pride in what we've achieved and huge excitement about the coming year. This newsletter will outline some of our highlights.

### James visits 100 schools

James continued his extensive travels to over 100 schools in 2017 delivering his presentations to parents, staff and pupils. Increasingly James is able to speak to all 3 of these groups during one school visit. Demand still comes largely as a result of word of mouth with new enquiries coming in every week requesting James to present at both schools and educational conferences.

### ... including 5 in SA

James was invited to speak at a series of schools in South Africa in April which included a memorable trip to the 'Hope Academy' where he spoke to over 300 of physically disabled students on the importance of 'attitude' not 'aptitude.'



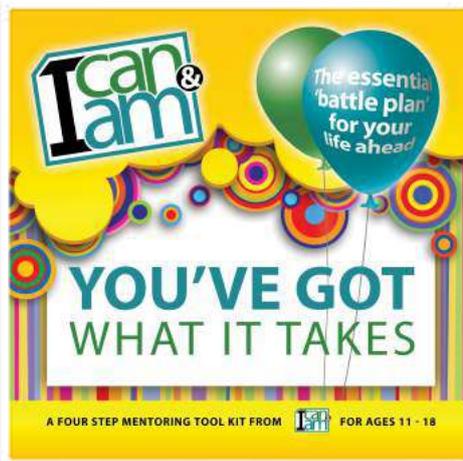
## The Big Thames Row

2017 saw the first of hopefully many 'I Can & I Am' fund raisers. Despite concerns about James's physical well being he completed the arduous task of rowing 128 miles of the River Thames in just 6 days. A crew of friends and family played their part along the way and the great Thames Challenge was a huge success both as a personal achievement to James and also in raising funds of almost £65,000.

### Funds raised to benefit state schools

The funds raised from the Row have already been put to use in two important ways. Firstly we have compiled a valuable mentoring resource which aims to spread the 'I Can & I Am' messages even further and deeper via one to one work with teachers and their pupils. Secondly, we are now able to extend the focus of 'I Can & I Am' within the state sector by offering free presentations and mentoring. James already has a number of school visits lined up within South West England state secondary schools to kick off 2018.





## I to I Mentoring

The messages of 'I Can and I Am' are now travelling further and wider via the one to one mentoring programme which is being introduced within secondary schools. This simple to use course consists of 4 sessions designed to be carried out by any teacher, with or without mentoring experience, with a pupil aged 11 years and older. It's invaluable for any pupil experiencing low confidence or self esteem.

The 4 sessions cover a variety of topics which aim to uncover a child's strengths and qualities using a warm, safe and accessible approach with a member of staff. The appealing, colourful mentoring guide hand holds the entire process with sections designed to be read aloud by the teacher (or mentor) and work sheets for the pupil to note down thoughts and comments.

The resource is being piloted in a number of schools and will be distributed free of charge to secondary schools who request it from the summer term. It is also being introduced within the Bath based charity 'Mentoring Plus'.

# KNOCKBACK

*Bake bread • Share stories • Restore hope*

Another addition to the I Can & I Am repertoire during 2017 was 'Knockback' which has again been made possible using funds raised by the charity. Knockback aims to give invaluable support to those in local communities who have suffered in some way by providing the opportunity to come together with others to share stories whilst learning and partaking in the process of baking bread. Baking bread and 'knocking back the dough' has long been known to evoke positive feelings, to rebuild confidence and to lift spirits.

Using this basic concept, participants come together in the comfort of James's family home where they can feel relaxed and safe to share their stories and enjoy the company of others. Above all, Knockback aims to restore HOPE and attending just 2 sessions can lead to lasting friendships.



## New Year, New Website

Towards the end of 2017 we launched a beautiful new website designed by Bath based company Primary Pixels. The content has been improved to provide a user friendly approach to finding information about the charity, reading updates on news and subscribing to James's popular weekly blog. Take a look for yourself at [www.icanandiam.com](http://www.icanandiam.com).



# The I Can & I Am Team

The I Can & I Am team are raring to go for an exciting 2018. The team are established now as James Shone (founder), Charlie Goddard & James Kendall (Trustees) and Rebecca Burton (Marketing & Fund raising). The team meet for regular updates and support each fully with their variety of different skill sets. For more details on the team visit [www.icanandiam.com](http://www.icanandiam.com).



James Shone,  
Founder



Charlie Goddard  
Trustee



James Kendall  
Trustee



Rebecca Burton  
Marketing / Fund Raising

## Soldier of Hope

The singer/song writer Roo Panes heard about James' story and honoured him by giving him the beautifully moving song he had written entitled 'Soldier of Hope.' The song has now become a key part of James's presentations to parents and staff. He'll often choose to finish a talk by playing the song - this regularly results in tears from the audience!

## Anthony Seldon

We are delighted to have Sir Anthony Seldon as patron of 'I Can & I Am' and in October he invited James to speak at the highly respected 'Wellbeing in Education' Conference in London. He spoke alongside many high profile people including Ruby Wax and Nicky Morgan. Anthony reported back with these kind words: "You were brilliant, stunning and extraordinary."

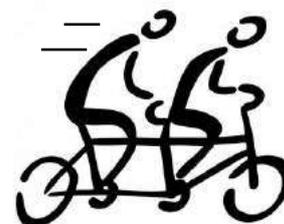
## Fund Raising for Visually Impaired Children

In July James assisted the inspirational 10 year old Hester Poole who is also visually impaired. She successfully completed an amazing 100 sports in 100 days during the summer and James was honoured to be asked to take part as her golf coach. Having hardly lifted a golf club since his brain tumour was discovered he was pleased to find that his golfing abilities have not left him and he ably led Hester around a 9 hole golf course with some expert tuition and suprisingly good golf! [www.facebook.com/HesterViSkiRacer/](http://www.facebook.com/HesterViSkiRacer/)



## The Great Tandem Challenge 2018

The fundraising endeavours of 'I Can and I Am' continue in 2018 with a great Tandem Challenge in April. James will cycle with an ex pupil (Jack Chitty) from the home of Liverpool FC (James's team) to Chelsea FC (Jack's team). This 220 mile adventure will be an enormous test of strength and stamina but we hope to raise valuable funds to continue the great works planned for I Can and I Am in 2018.



*For further information about I Can & I Am please visit [www.icanandiam.com](http://www.icanandiam.com)*