

CoM ANNUAL REPORT 2018/19

The Companions – Fighting Isolation 2019

It has been another great year for the Companions of Malta, thanks to your support, work and prayers. What have we been doing? Here's a quick round up of some of our key projects with stats and figures:

- Tea parties for the elderly Northumberland every month and bi-monthly in London thanks to our teams of CoM volunteers and helpers. These are joyous events and numbers of attendees continue to grow significantly. Volunteer hours, 225+.
- Soup Run at Lincoln's Inn Fields every Monday (except Bank Holidays) - that's some 3,000 people served with over 5,000 donated sandwiches, pastries, yoghurts etc plus some 10,000 tangerines, apples and bananas as well as water and kit-kats. 1,500 volunteer hours.
- Breakfast Club at Golden Square every Wednesday - that's 700 showers and 1,750 delicious cooked breakfasts (egg, bacon, beans and kippers) including over 50 gallons of porridge. 1,750 volunteer hours.
- Colchester Homeless Lunch every Wednesday - a great lunch for local homeless welcomed in by Georgie, Adrian and the team. Over 1,000 volunteer hours.
- Companions Café at St James's every Thursday - that's over 5,000 guests cared and catered for, with food collected from 13 different suppliers, amounting to over 10,000 donated sandwiches and more than 2,000 cakes and loaves, plus other bought in supplies including 120 pieces of fruit, 2kg of yoghurt and 4 tinned fruit for the puddings/week. 5,000 volunteer hours.
- Seven hundred (700) Christmas parcels - distributed all around the country to the homeless from Cheltenham to Cambridge, Sussex to Banff thanks to your efforts and the fantastic support of Primark who generously provided us with all the essential winter clothing for the parcels.
- In Oxford, truly wonderful efforts with our Saturday Shower project, multiple soup/sandwich runs, breakfast distribution to the homeless, care home visits and much more, amounting to 3,200 volunteer hours.
- Our Oyster Card Appeal launched in November and extremely well supported by so many, again thank you to all our donors. We received just over £2,700 enabling us to buy Oyster Cards for the homeless to travel, including to hostels, other amenities and in 2 cases to job training.

Other highlights of the year included our amazing Christmas parties for our guests in Oxford, Colchester and London and in the OSJCT homes and 300 people at our beautiful Carol Service at St. James's raising money for our work and the Holy Family Hospital.

Also, if I may, individual honours must go to our Wednesday volunteer, Ash, who climbed to Everest base camp to raise £2k for our work, Joe Daley for his wonderful 50th birthday tea party again raising substantial funds and Matthew Schellhorn and his talented musical friends who gave us an exceptional fundraiser concert at St. Mary, Moorfields in April.

Altogether a supreme and wonderful effort by all Companions, your Council members and all our supporters over the whole year, thank you so very much.

Christmas

Looking back, our Christmas endeavours were certainly one of the central achievements of the year, thanks to the sweat and toil of many Companions. It took months of planning – meetings at Primark, coordinating supplies, organising the kit, evenings packing thousands of items by dozens of CoM in London, sending the parcels and arranging local collection and then the logistics of distribution in each location, be it Oxford, Cambridge, London, Scotland etc. It was a fabulous testimony to teamwork and the devotion of all our volunteers.

As for the Christmas Carol Service and Reception, this year again we were treated to a magnificent service, with the beautiful music led by Iestyn and the resident choir. Over 300 people attended and we raised just over £8,500 from ticket sales, donations and from the raffle. Great achievement.

Barely pausing for breath, on the following evening we held London's best Christmas party for the homeless, complete with incredible brass ensemble that entertained all of us in such festive style. Thanks to Kate and all our volunteers - for all the careful planning and hard work, from weeks of collecting presents for the lucky dip to preparation of Christmas food. The evening was a triumph.

CoM and OSJCT

Throughout the year we have worked also to support the OSJCT homes, primarily in their heartlands of Wiltshire and Gloucestershire, but also in Oxfordshire and Lincolnshire where we have other homes (see the regional reports below).

For example, just before Christmas we had an SOS from the Activities Manager of Paternoster House in Cirencester as they realised that they did not have enough money in the Amenity Account to pay for their pantomime. Thanks to your support we are delighted to have provided £200 to meet the cost and keep the show on the road.

On the OSJCT front, Charles Nicholson and Max Rumney have been working hard in discussions with OSJCT to develop the right model, with which they are happy, to increase the numbers of volunteers in the homes through the Companions. One area where the homes are particularly short of volunteers is around Salisbury, where we have the Avonbourne Care Centre at Old Sarum, Willowcroft and Bemerton Lodge. We are poised to do a trial appeal for volunteers in the nearby parishes, and with support from our London volunteer base hope to increase our presence in the homes and at their main events.

And so to the Regions:-

London: Kate MacKenzie london.companions@gmail.com (Thursday Café), Patrick Knollys patrick@knollys.co.uk (Monday Soup Run), Helena Letman helenaletman@gmail.com (Wednesday Breakfast Club)

Monday soup run – Lincoln Inn Field's

Thanks to Patrick, the new drivers and the Monday team the soup run continues. Congratulations on their fifth anniversary in June. All ages turn out to assist with picking up the sandwiches, fruit and drinks from many different outlets across the capital before giving these out and chatting with the guests in LIF. Numbers continue to remain at approximately 80 of new and regular homeless guests. Particular thanks to the Notre Dame University Freshers programme in the autumn and the Alumni group for helping in the projects across the year.

Wednesday Breakfast Club – Golden Square

The breakfast club has steadily grown over the year. Each guest receives a fabulous cooked breakfast and has the opportunity to take a shower. A small supply of clothes is there on hand when they come out of the shower. At last, Golden Square are starting building works to turn one of the front under street vaults into a bright new washroom and WC!

Thursday soup kitchens – Companions' Café – St James's, Spanish Place

Over the year the soup kitchen has grown in numbers – reaching 120 guests in the summer with many other soup kitchens in the area needing to close during the summer. We were pleased to keep all three of our main activities running throughout the summer.

With Kate always working on new ways to help our guests, it is fantastic to note all of the following:

- Celebrations are dotted throughout the year to add a bit of light relief to the guests – from commemorating Remembrance day, celebrating the first day of Spring, mini-recitals from a great visiting pianist, a pop-up choir for the guests to join in January, as well as a World Cup evening with live matches on the radio.
- We continue to have regular visits from our specialist volunteer podiatrists, manicurist, GP and Wayne the hairdresser comes every six weeks; a huge thank you to each of them. In the year ahead we are hoping for an eye specialist to come and check the guests' eyes, offer advice and give reading glasses. Professor Lyndon da Cruz will be arranging this in the next few months.
- Gabriel (an experienced housing lawyer) is now attending every 2 weeks to offer legal advice and support.
- Wrap-up-London donated 120 coats in the winter – that, and the many good quality second hand walking boots and trainers, meant the guests were better kitted out for the cold months.

We launched the Oyster Card Appeal in November and received donations of just over £2,700 which meant we were able to buy 120 Oyster cards and load them with £15 to give to the homeless. These cards were given out at the end of January and as you can imagine were extremely popular. They gave the recipients the opportunity to buy season tickets at a reduced price and are still in circulation now. Thank you so much to everyone who made this possible.

This year we commenced Easter gifts for the homeless – they consisted of logo'd kit bags, logo'd baseball caps, a t-shirt, lipsalve and chocolate Lindt bunny rabbit. This was a new initiative and was very popular. We had not realised so many soup kitchens closed over Easter and it was an unexpected bonus for our guests.

The London Companions and volunteers, from the many different activities, helped in a variety of ways this year including with the International Holiday Camp in the summer – escorting the visitors around London in difficult conditions (rain and the Westminster terrorist attack). They have also turned up in great numbers to assist with packing the Christmas parcels before these parcels were sent around the country. Some evenings there were 40 – 50 helpers chatting with the guests and packing. It is a great opportunity for many young and old to experience the enjoyment of volunteering, some for the first time.

Tea Parties

With the closure of St Wilfrid's nursing home, whose residents came to the tea parties at Brompton Oratory, we have now managed to reach out to a new group of elderly through advertising in churches and different nursing homes. This has meant that a new larger group are enjoying the parties and the sing-songs. Some of the elderly are meeting new friends and some even sharing telephone numbers to meet outside the event with their new friends. Thank you to the many volunteers who bake and join in to help make these parties such a success. Thanks too to Chris our regular pianist, who does a great job.

These projects would not run without the many dedicated Companions and volunteers who regularly turn up to the events or work at other times to enhance the different activities for the elderly or homeless. So it was lovely to share an evening together in November at a thank you reception for the volunteers. We all had a chance to share stories and meet other volunteers.

Birmingham & West Midlands: Adrian de Redman [blue.candle2@hotmail.com – 07799 188 628]
Birmingham CoM have devotedly continued their monthly Mass and prayers at the Oratory and all, in the area, are welcome to join them, just be in touch with Adrian. Richard Fynes continues with his efforts on our behalf in Leicester, and would also be keen to hear from you if you are local.

It would be wonderful if we could develop our activities in or around Birmingham, for example, replicating our successful tea party formula if not offering some provision for the homeless. If you would like to help us take this forward, do please contact Adrian or get in touch with me.

Cambridge: Matthew Schellhorn [mts21@cam.ac.uk - 07545 234848]
Many thanks to our CU Companions and especially Danielle who was at the forefront of our plans to provide a defibrillator for the Walsingham Shrine. Using both locally raised monies and central funds, Mgr John Armitage received between £2,500 and £3,000 during the Walsingham Pilgrimage in September last year.

Cambridge University CoM also had a successful Christmas term. They distributed the first of the Christmas Parcels at the end of November, as this needed to be done before the end of term. The volunteers helped collect and sort the bags and clothes donated to us and then packed the toiletries received from London. Companions ((Alessandra, Krzysztof, Will and Edmund) then assisted with distribution on the streets. Some also volunteered at the monthly hospitality evening at Wintercomfort where the remainder of the bags were distributed. We also helped them with a quiz and meeting the homeless. All this meant our winter distribution of 40 parcels was complete – one customer said it was like Christmas come early, which happily was correct!

After some concerns about treading on SVP toes, I am delighted to say Mgr Langham very kindly reassured us that our ongoing connection with Fisher House was secure. This has meant that Matthew was able to add their Thursday evenings to the diary and put a student in place as a Project Lead. Following our work at Christmas the management at Wintercomfort were also very keen to have the Companions work with them. Two events were set up for the Lent Term and duly advertised on the CU Facebook: <https://www.facebook.com/pg/COMCambridge/events/>.

On Friday 5th April, Matthew Schellhorn and friends hosted a music recital in aid of the Companions at St Mary's Moorfields. Playing music ranging from Mozart to Flanders and Swann, the evening raised over £1,300, which will go directly to help the Companions' work for the poor and the homeless. We are grateful to parish priest, Fr Christopher Vipers, for allowing us to use his

church hall and sincere thanks to the talented musicians: Iris Korfker (soprano), Matthew Sear (guitar) and Leora Cohen (violin), and of course Matthew.

It would be great to repeat this highly successful evening again next year and happily Mathew seems willing. On a sadder note though, he has indicated his intention to step down in the course of this year (he doesn't actually live in Cambridge and has extensive musical commitments elsewhere), time for a new CU CoM leader to step up I hope. Mathew you have been completely marvellous though and a worthy successor will be hard to find.

Gloucestershire & Wiltshire: Max Rumney [rumney@mail.com] (and Sarah Cornell still helping with Gloucestershire – 07817 499 829)

Companions attended the Gloucestershire and Wiltshire Volunteer afternoons when OSJ gave a fantastic tea and put on an entertainment to say thank you. These are fun events and much enjoyed by all. There are about 130 volunteers in Gloucestershire alone.

Last summer also saw the opening of the new OSJ Grace Care Centre in Thornbury and we were pleased to be able to offer initial support for its amenity fund. Four of the homes in Gloucestershire received £250 for their Amenity Fund which benefits the residents directly. Two were for specific projects and two were to the new care homes to start off their Funds. In total, there are now 21 homes in Gloucestershire alone and it would be fair to say that each of them requires more volunteers.

Peter and Julia Barton once again hosted a lovely Mass and lunch in their beautiful garden for Gloucestershire Companions in June last (and are very kindly repeating this on 6 June 2019).

Companions continue to work with Signpost in Cirencester on Monday evenings, when about 40 or 50 people of all ages gather for a hot meal and support. If you would like to get involved do be in touch with Max. Otherwise our main initiative this year was to provide our Christmas Cribbs to those OSJ homes without them, to enhance their Christmas celebration (see photos).

Companions and members of the Order were also very pleased to be able to attend the Care Home visit arranged for us on 19 October 2018; thank you Mark B for stepping in for me. This was an excellent opportunity to see some of the homes and extra care housing schemes and gain a deeper understanding of the OSJCT's work and ethos. Max and Charles have met with the Trust's volunteering manager (Kit Lendon) with the aim of kick starting the drive for the volunteers in Wiltshire.

The Northern Marches: Fred Wyrley-Birch [f.wyrley-birch@andersonandgarland.com – 07790 132 834]

Northumberland continue to hold their highly successful tea parties and had a brilliant Christmas do. Thank you especially to Kate, Peter, Tot, Fred, Lillian, Shelagh, Andrew .. and all the team for their work in organising these, and thanks to everyone who devotes their Wednesday afternoons to help. This is a real highlight for our guests, with a sing-along, a very jolly game of bingo and other attractions. This is such a wonderful project, and has of course inspired the CoM in London to do the same.

This is really something we could roll out in every part of the country, so if you want to have a go in your area do give me, or Helena (07798 558109) or Fred a call.

Oxford University CoM: Jamie Wilmore (Trinity)

Freshers Fair recruited new volunteers for the many proposed term time activities: a dozen weekly activities in all including homeless outreach, breakfast provision, work in the Isis Care Home and our museum project for children and young adults with special educational needs.

In Oxford, overwhelmed by the enthusiasm of volunteers - even in the dark winter nights, soup runs were ever-popular with volunteers happy to brave any weather to serve those exposed to the elements. Our drop-in shower project remains a fantastic activity that is a real treat to be a part of, thanks in no small part to Josh who works tirelessly week in, week out to lead the project.

The Oxford Christmas Party for the homeless which ran just after the end of term was also a great success, thanks to the energy of the students who were prepared to stay on or return for the day to help. It was great also to welcome a good number of members from Oxford too to our Carols and Reception in London.

South East: Jamie O'Meara [jamie.omeara@btinternet.com – 07771 566 100]

Having re-established our relationship with St. Wilfrid's OSJCT Home, Arundel, after various changes in personnel, we would very much hope to continue to support them. Unfortunately, we lack critical mass in the SE but if you can help Jamie and Sean Armstrong do be in touch with them direct. In particular it would be great to visit, offer lifts to Mass, and get involved in the many activities at the Arundel home. Certainly, we will be aiming to take an active part in their Summer activities in due course.

However, our continued work in the SE will be under new management so to speak. After many years at the helm Jamie has now decided to retire as lead in this region. Jamie has been an absolute stalwart for the past 7 years, trying always to develop our work and seizing every opportunity that presented including collecting personally our Christmas parcels for the SE and ensuring their distribution. His task has not been an easy one given our limited numbers in the SE outside of London, but Jamie has stuck at it and we are hugely indebted to him for flying the flag as he has done, thank you.

In his place David Dowden has very kindly agreed to take on the responsibility, and it is hoped that his appointment as an ex-officio member of the Council will meet with approval at our AGM.

South West: Duncan McKechnie [dajmck@tiscali.co.uk- 07990 594 441]

Duncan reports that the St. Rose School's holiday camp visit to the Calvert trust, Exmoor, early last Summer was again a huge success and much appreciated. Jackie, the principal of St. Rose wrote:

'..a great big thank you for supporting us once again, what a fantastic trip it was! We all really do appreciate your support! Thank you.'

East Anglia: Georgie Holt-Evans [georgie@holtevans.plus.com]

Georgie reported that they had a steady flow of guests over the summer at the lunchtime soup kitchen of 10 – 15 approximately. A couple of our homeless regulars were interviewed with Adrian by the local press

and an article printed in the Essex County Standard and Colchester Evening Gazette. This has led to other homeless charities/volunteers within the Colchester area making very positive contact with

us and donations of duvets etc. One called OpenDoor Colchester and the other an online forum called Help the Homeless.

For Christmas, Georgie reported their best turnout with 22 guests enjoying an amazing Christmas feast. All the Primark gifts was adored. A highlight of the party was when one of the regular guests who had just been diagnosed with severe liver problems standing up and singing Louis Armstrong's 'What a wonderful world'. It was incredibly moving.

One rather sad anecdote from the Christmas party was that one of the guests was arrested by the police with his Primark bag in town afterwards thinking he had shoplifted! Luckily Adrian got straight down to the police station and explained all!!

As noted above, each week the Colchester soup kitchen welcomes our poor and homeless guests on Wednesday lunchtime, it is a truly wonderful project and frankly a model of its kind, nothing grandiose or complicated, but a warm welcoming place for people usually ignored and downtrodden. It is a model of its kind, would that we could open such a project in every town where it is needed – let's try, see our plans below.

Lastly, it will be noted that Georgie's term as an elected member of our Council is about to expire, and it is hoped that she will be duly re-elected at our AGM.

Scotland: thomas@murthly-estates.com

Welcome to our new Scottish convener, **Thomas Steuart Fotheringham**, who reports from Scotland as follows:-

NORTH and NORTH-EAST

A prolonged drought over the summer in Caithness, where many people are dependent on private water supplies, became a crisis when about 400 families in the county ran out of drinking water, and neither Scottish Water nor Highland Council were prepared to help. With £500 of funding, the Wick-based Companions began to make relief preparations when, at the very last minute, the Scottish Government relented and made funding available to local councils to deal with the problem. The exercise was very useful and we will be better prepared next time.

In Caithness, Justine and Grace Hall and their young daughter, Thealie, have been incredibly busy. They continue to work at the Wick foodbank on a monthly basis as well as the seasonal "Pray and Play" sessions for children deemed too disruptive for Church. They also provide regular first aid sessions for families and befriending services.

Companions have made contact with the pastor at River Church in Banff, and Companions' parcels were delivered there at Christmas. This was in addition to the Christmas supper for the homeless and parcel deliveries at Aberdeen Cathedral.

FIFE

Companions took part in the annual procession through Dunfermline in early June to honour Queen Margaret, the Patron Saint of Scotland. The procession was led by Archbishop Leo Cushley.

St. Andrews, new group leader Henry Kirk at the university has been busy making preparations for carrying out the extensive activities carried out by students both in St. Andrews and Dundee. Volunteers regularly attend the Lochee Soup Kitchen on a Saturday.

LOTHIAN

Companions took part in a Day of Recollection, led by Archbishop Leo Cushley and held at Dundas Castle in July, courtesy of Sir Jack and Lady Stewart, helping to serve at Mass and make lunch a sociable occasion for all.

EDINBURGH

Companions in Edinburgh are assisting with the Lauriston Mercy Project (serving food to the homeless) on Thursday evenings. They have also helped at the forthcoming Mass and Investitures in Edinburgh in September, which was the Order's main event in Scotland this year, with guests including consulates from countries with which the Order has diplomatic relations.

Companions marked a busy event with many attending the Knights of Malta Ball - the weekend also included Mass for Members of the Order and Companions, and a well-attended drinks event to encourage the development of our membership and activities in Edinburgh.

We continue to support the Sisters of Mercy's twice-daily soup kitchen which this month celebrates its Silver Jubilee, working with disadvantaged people from across the city; all Companions who are in town on a Thursday evening are very welcome to get in touch if they can to help out with the project in St Catharine's Convent on Lauriston Gardens.

SOUTH WEST

In Coatbridge, Liam Hackett with Fr Sweeney, the Parish Priest of St. Patrick's Church have opened up a club using the parish hall for people with special needs. The idea was to have a safe place where the people can mix together and have some fun. 70 people with special needs and their carers, enjoyed a very successful afternoon in December and 80 members went to the pantomime in Motherwell in January. The club meets once a month for a disco party in the parish club hall.

Overseas

As reported previously we are maintaining our support for poor Christian families in Bethlehem. This is our contribution to support the increasingly threatened Christian communities in this part of the world, and continues the work of Fr. Elvin who established this initiative. Robert Atwater has visited the project a number of times now and has been extremely moved by the plight of these families. He is also full of praise for Anton Mousallam who heads this up locally.

Additionally, some of the proceeds from the Christmas Carol Service and Reception were dedicated to the Holy Family Hospital, Bethlehem and to support the Order's Lebanon Projects.

Safeguarding

Safeguarding remains absolutely central to everything we do. A new unified safeguarding policy has been adopted together with the final suite of policies and protocols to accompany the same. These are available to view on our website. On this front I should say that there is a vacancy, in that we are looking for a new safeguarding lead; do let me know if you are interested.

In addition we will be promulgating a simple volunteer registration form to meet safeguarding guidance, to be completed by those attending our many activities involving vulnerable adults. In addition that is to ensuring that all activity leads and indeed as many Companions as is practicable have DBS clearance.

New members

Please do your best to recruit new Companions. Do remember that students pay only £10 and former OMV members are not required to pay a sub for their first year. We do need to increase our numbers not only to ensure that we continue to fund these fantastic projects but also so we have the volunteers to make them work. Our application form is online at <http://www.orderofmalta.org.uk/companions/wp-content/uploads/COMapplicationform.pdf>

Website and Social Media

Our website was updated this year (with huge thanks to Andrew Cusack) and more details can be found at the following address: <http://orderofmalta.org.uk/companions>. I am hoping that with further assistance we might develop this further. If you do not receive our Quarterly Newsletter please contact Annie to find out why. You should all also be in receipt of the Order's monthly activities notice, if not please do [sign up](#)

Also several regions have Facebook pages with up to date information and photos of the work of the Companions, please click on the relevant region:

[London](#) (506 followers) <https://www.facebook.com/CoMLondon/>

[Cambridge](#) <https://www.facebook.com/COMCambridge/>

[Birmingham and west Midlands](#): : <https://www.facebook.com/groups/174027899326247/about/>

[St Andrew's](#) ; <https://www.facebook.com/pg/COMStAndrews/>

[South East](#):: <https://www.facebook.com/Companions-of-the-Order-of-Malta-South-East-722669017926869/>

[Edinburgh](#): <https://www.facebook.com/pg/COMEdinburgh/>

[Wiltshire](#): <https://www.facebook.com/groups/2028718194081944/>

Plans and Projects

Looking forward, the following new plans and projects beckon:

- Golden Square – the building works to turn one of the front under street vaults into a bright new washroom and WC which are poised to start, at last!
- St. John's, Bethnal Green – a new soup kitchen in the East End which is already underway thanks to Tom and a group London volunteers. Lots of work to be done here, not least with the premises which are all but derelict and will need substantial work.
- Potential other soup kitchens - in South London and possibly also Birmingham, Southampton and elsewhere.
- Nehemiah, this terrific project supported by BASMOM & the Global Fund is now opening a new house in June, this will present we hope many new volunteering opportunities for us and we plan to be fully engaged.
- Companions Assist - our initiative to support some of our homeless guests into training or job opportunities; providing assistance with applications, CV's, links with possible employers, interview training and preparation.
- OSJCT – striving to expand our involvement in the Care Homes across the country, targeting individual Homes and neighbouring parishes to increase CoM volunteer numbers and inviting existing and new Companions to 'adopt a Home.'
- Tea Parties - continuing with our Northern and London tea parties and ideally rolling out this highly effective, enjoyable and scalable project elsewhere.

- Fundraising - significantly upping our fundraising efforts to meet the demands of our developing activities, recognising the limits of our subscription model and the fact that so many of our activities whilst led and populated by Companions draw in numerous other volunteers particularly in London.

If you would like any further information do be in touch with your regional coordinator or, of course, I can be reached on 07730 070403 or at chair.companions@gmail.com or contact Annie, our uber-efficient secretary on secretary.companions@gmail.com.

Securing the Future

Given the success of our projects and expansion of our work we have been looking at how we are organised and thinking also about how we are funded. We now number over 700, attract hundreds more volunteers, are delivering many thousands of volunteer hours per annum and had a turnover last year of over £100k.

In these circumstances the administrative demands are high, not least when it comes to events such as tea parties, the Carol service etc. We are therefore looking for some additional administrative support for say 2 days a week, ideally sharing in the services of Caroline and Stephen in Deodar Road.

Further, given our ambitions in terms of work with the homeless and the elderly and the increasing need to fund raise as mentioned above, we are planning to allocate overall charge of each of these areas to individual council Members. There is also always a need for assistance with the website, newsletters, social media output etc, so if your talents lie in this direction do let me know.

Equally, we need to plan for the future in terms of personnel. We are lucky presently to have a strong Council particularly with the appointment I hope of DD as an ex-officio member, but it would be good to expand into more regions. Across the board also we must continue to seek to secure suitable successors to ensure that the CoM continues to grow and prosper.

And so it remains only for me once again to thank all Companions for your stupendous efforts over the last year, for all the love shown to those we serve, for all your unflinching support and for your prayers.

Many thanks and God bless,



Paul Letman, CHAIR CoM