

New Year, New... Fundraising Platform

At Rhythms of Life, we've ushered in the new year with the familiar promise of being better.

We're not looking to eat healthier or commit to a daily morning marathon (we know better than to make promises we can't keep), but we are streamlining our fundraising process.

We want to help you, our valued contributors, visualise where your donations go. We want to set achievable targets and work together to smash them out the park. So, with all of that in mind, we have set up a new home for our online donations.

Simply head on over to our enthuse homepage <https://rhythmsoflife.enthuse.com> (or scan the QR code below) for more information and set up your monthly contribution. We have some big campaign ideas for the coming year, and we're hugely grateful for your continued support.



Thank You, One and All

We could not survive without the kind donations we gratefully receive throughout the year. Over the past month we have received incredible food donations from **Hakkasan**, a new kitchen sink kindly provided by **Serge Nguete** of **Techni-Pros**, and 6 Zanussi fridge freezers for our food prep area courtesy of our amazing guardian management, **Live-In Guardians**. Of course, nothing would be possible without our **volunteers** and the kind **donations** of our supporters. We would like to extend the warmest thanks for all of your time and efforts.

Volunteer Spotlight

Lockdown hasn't been easy on any of us, but it struck hardest at Christmas. We spoke to our volunteers to see how volunteering with Rhythms of Life helped them pull through the festive season with high spirits.

RoL: How was your Christmas affected by the latest lockdown?

V: It was very quiet and not that eventful as gatherings over Christmas have been cancelled last minute. We had to mail the Christmas presents to our friends and family. The usual Christmas cheer was missed but at the same time, we really enjoyed the relaxing mood of the holidays.

RoL: Did volunteering have a positive impact on your wellbeing throughout this time?

V: Yes. Felt like doing something positive for the people who are less fortunate. A bit of hope and purpose.

RoL: Would you recommend volunteering to others, despite current lockdown restrictions?

V: Yes, for sure! Help can be given in different shapes from going out there and serving the food on the street or from being at home and giving a hand to the operational side of things. For people on furlough I believe gives that the sense of purpose, belonging, contribution and helps keep their professional skills from getting a bit rusty.

RoL: What hopes do you have for the coming year?

V: I just hope to get back some normal life - to get back to work, to continue volunteering and to get out and do the ordinary unexceptional things that we used to take for granted.

A Christmas like no other!

In spite of the Covid-19 pandemic, Rhythms of Life was dedicated to provide a special Christmas for our homeless friends.

Every year, we have our **12 days of Christmas** campaign and 2020 was no exception. Due to Covid restrictions, we were not able to hire our luxury coach. However, we were still able to distribute delicious food and other items all across London with our minibus.

Every day, we handed out **festive food**, **toiletries**, **warm clothes**, **face masks**, **hand sanitizers** as well as **Christmas presents!** The delicious food our volunteers cooked up included chicken, turkey and pheasant.

Twice a day we spread our festive cheer across London, distributing in all the same locations as previous years: starting at **Euston**, before going on to **Trafalgar Square**, **Waterloo**, **Lincoln's Inn Fields**, **York Way** and finishing at **King's Cross**. It's safe to say, we didn't let our homeless friends down!

If you would like to volunteer with us, please get in touch at volunteer@rhythmsoflife.org.uk

Please visit www.rhythmsoflife.org.uk for more news and information

