

Architects Benevolent Society Donation Form



Name:

Address:

Postcode:

Email:

Please post this form to: Architects Benevolent Society,
6 Brewery Square, Copper Row, London SE1 2LF or give
online at: absnet.org.uk/donate

I no longer want to receive communications by post: ☐

I would like the Society to also contact me regarding:

☐ Events ☐ News ☐ Campaigns

☐ I would like to receive communications by email

The personal information you provide on this form will be held by Architects Benevolent Society. If you have opted to hear from us, we will use your details to send you the communications you have opted for, using a third party supplier. You can update your communication preferences at www.absnet.org.uk/consent

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Charity Number:
265139

Boost your donation by 25p of Gift Aid for every £1 you donate

☐ I would like Architects Benevolent Society to treat all donations I have made in the last four years, and all future donations as Gift Aid donations until I notify otherwise. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I will notify Architects Benevolent Society if my circumstances change.

Yes I will help rebuild lives with a regular donation

If you have a standing order with ABS please contact your bank to amend the payment or please consider setting up a Direct Debit below.

Instruction to your Bank or Building Society to pay by Direct Debit  Service user number 6 9 1 2 1 3

I would like to set up a regular monthly donation by Direct Debit

£5 ☐ £10 ☐ £25 ☐ £50 ☐ £100 ☐ Other £

I would like to increase my current regular Direct Debit by

£3 ☐ £5 ☐ £10 ☐ £50 ☐ Other £ Monthly ☐ Annually ☐

Commencing on: 0 1 / / or 1 5 / /

(Please note Direct Debits can only be processed on 1st and 15th of each month)

Name(s) of account holders(s)

Bank/building society account number: Sort Code:

Instruction to your Bank or Building Society Please pay Charities Aid Foundation Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Charities Aid Foundation and, if so, details will be passed electronically to my Bank/Building Society. We process all Direct Debits through Charities Aid Foundation. A Direct Debit guarantee will be sent to you no longer than 10 days before the first payment is taken.

Signature: Date:

Banks and building societies may not accept Direct Debit Instructions for some types of account.

Yes I will help rebuild lives with a one off donation

Here's my one off donation of £10 ☐ £25 ☐ £50 ☐ £100 ☐ Other £

☐ I enclose a cheque/voucher payable to Architects Benevolent Society ☐ I would like to make a card payment to Architects Benevolent Society

Debit/credit card details ☐ Visa ☐ MasterCard ☐ Maestro ☐ CAF

Card no. (Maestro only)

Start date: Expiry date: Issue no.: (Maestro only)

Security code: Signature: Date:

Foundations

Latest news from Architects Benevolent Society

Autumn 2021



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Thank you for being a Foundation of Support

 @ArchBenSoc  @ArchitectsBenevolentSociety  ABS Helpline 020 3918 8588 www.absnet.org.uk



Editorial

Thank you for taking the time to read this year's edition of Foundations.

Earlier this year I was lucky enough to celebrate 20 years working at ABS and it has been a genuine honour and privilege to spend so long working alongside such a wonderful team of staff, trustees and volunteers.

As you might expect, a great deal has changed during the last two decades and the Society is in some ways unrecognisable from the organisation I joined in 2001. Over the last few years, we have been building on the core relief of poverty work we have been carrying out since our beginnings in 1850. We introduced our partnership with Anxiety UK back in 2017 and this relationship has gone from strength to strength, it is now hard to imagine a time when we were not working alongside this amazing charity which enables us to offer mental health and wellbeing support to many of our beneficiaries.

Since that time we have also partnered with Shelter, who need no introduction and allow us to offer specialist, high quality housing advice to those who need it. We

have been working alongside the RIBA to run wellbeing workshops all over the UK and continue to collaborate closely with the other architectural membership bodies, including our friends at CIAT and the Landscape Institute.

The increasing ways in which we can help was never more timely than during the last 18 months, with people turning to us for support with all sorts of difficulties, including mental health and wellbeing, redundancy and a whole range of other financial challenges that all too frequently left them staring over the precipice. The ABS welfare team, as well as rest of the team, all of whom have been working at home throughout this time in continuing to support individuals and families in need, deserve a huge thanks and I hope you will read on to see what they have been up to.

Yours Sincerely,

Rob Ball

Chief Executive



Eligibility

Architects Benevolent Society opens the doors to support more people



We are very pleased to announce that we will be widening our eligibility from October of this year to include all staff employed by architectural organisations.

This new policy reflects our most recent Welfare Review where it was acknowledged that as the practice of architecture has evolved over the years, many practices are multi-disciplinary and employ staff who are integral to the running of the business but are not covered by our current eligibility criteria. Therefore, it was determined that we are now able to offer support to these employees as a beneficiary group.

Since our inception in 1850, ABS has worked towards being able to support the largest number of individuals and their families in the most effective ways, learning and evolving with the practice of architecture. Over the years, we have been able to expand our support to include more members

of the architectural profession. This latest widening of our eligibility brings us closer to offering our support services to more people who are part of the architectural community.

More information will be available on our website from 1st October 2021 at absnet.org.uk



Chris' Story

Chris, an architect, approached ABS after receiving a devastating cancer diagnosis during the pandemic. ABS were able to offer support to relieve stress and enable him to focus on his recovery and his future.



*Stock photograph used

"Hi, I'm Chris. I'm 36 years old and have been an architect for the last 10 years.

It was not long into the year of 2020 when I first received the terrible news. More precisely, it was 6-months since my wife and I were married, when the doctors gave me the news that I had nasopharyngeal cancer. It was a phone call from one of the ENT doctors which, at first, I had no idea how to interpret. It took me a few hours to process the news before calling back to ask for more information about my situation.

I was scared because the news came when the covid pandemic was bad and I was afraid further tests and treatment would be postponed. Luckily for me, I was on the priority list. The NHS doctors

and nurses were extraordinary; they organised all the extra scans I needed and prepared a treatment plan quickly.

It soon became clear that I would have to stop work for a while. It was difficult as I love and enjoy my work but at the same time, I wanted to get healthy again. My wife was working in a supermarket at the time but had to resign due to the surge in covid cases, and the fear of bringing home the virus to me.

For the first time in my life, I had to apply for governmental support through Universal Credit. It was one of the most difficult times for us both financially and mentally.



By chance I saw a Facebook advert from the Architect Registration Board about ABS and how they could help. I got in touch with them, told them about my case and was able to receive financial support.

The difference ABS made was enormous. Firstly, the support helped me mentally, as I could get the rest I needed to focus on my recovery. Secondly, it was a big moral boost for me to feel safe from losing our home and enable me to honour my previous financial commitments. Because of ABS, I believe I recovered much faster than it would normally take because I was mentally calm and able to focus on getting better.

After the last tests and scans revealed that the cancer is no longer there, it was a big relief, and it feels like a new beginning; a second chance to enjoy life. Since I started working and managed to get some small projects, I have set-up a direct debit to donate a small amount every month to ABS. I hope that in time, if my business grows, to be able to offer more back to ABS, so others can have the same help I have received.

A big thank you again to Helen [ABS Welfare Officer] and all the others from ABS who make a difference for architects who have a bad period in their life."



Read Chris' full story on our website

absnet.org.uk/chris-story

To donate to help more people like Chris please use the form on the back of this booklet.

Providing support and stability in a time of uncertainty

The suddenness of the uncertainty we were all plunged into in March 2020 due to the coronavirus pandemic was universal yet the impact on daily lives was, and is, different for each of us, with financial, emotional and physical aspects of life being affected.

ABS takes a holistic approach to supporting people and our aim has always been to respond to individual needs and improve quality of life. Our approach to providing support during the pandemic was no different. However, we faced the challenge of keeping up with an ever-changing situation, not only in terms of restrictions but also in terms of financial support from the government available to people. We needed to determine how our support complemented these schemes, and make sure our beneficiaries were aware of what they could access.

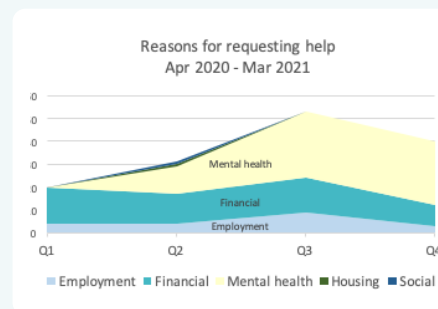
Increasing demand and changing needs

In the first 6 months of the pandemic, we saw a dramatic increase in the number of requests for help.

Unsurprisingly, we saw a huge demand for financial support at the beginning of the pandemic caused by the impact on building projects, many of which were cancelled or put on hold. We provided financial support to many who experienced sudden loss or reduction of income while they waited for benefits to be awarded, or to those who were not eligible for government support.

The requests for financial support decreased as time went on as people were able to access government funding, mortgage holidays or claim benefits. However, requests for psychological and emotional support increased as covid restrictions continued. The effects were varied; coping with redundancy and unemployment, isolation, pressure of

homeworking, home-schooling, caring for loved ones, losing loved ones, and relationship breakdowns to name a few.



We referred many people for psychological support through our partner Anxiety UK during this period.

“ABS helped me at the worst time of my life, the coronavirus pandemic was devastating for my business. I had nowhere else to turn and was confused, angry, upset and desperate. The support given allowed me to get my life back on track.” - anonymous

A little extra help

In early January of this year, schools closed for face-to-face teaching as part of the national lockdown. Ofcom estimated that there were up to 1.78 million children in the UK with no home access to a computer and whilst the Government pledged to provide support to meet this

need there were significant gaps due to limited resources and strict eligibility criteria.

This meant that many of our beneficiaries missed out.

The ABS Welfare Team came up with the idea of offering support with the cost of a basic laptop as well as connectivity costs as a means of helping existing beneficiaries to overcome practical and financial barriers to online learning. We also felt that by supporting children to learn at home in this way, for however long teaching remained online we could do our bit to address digital exclusion amongst our beneficiary families.

With varying amounts of guidance and support we were able to meet every request for help with purchasing an appropriate device to everyone who felt that their children needed it.

“For an organisation to be so conscientious and seek a way to remedy what was such an unforeseen challenge for most families, was an incredible blessing for us. We will always be forever grateful to all at the ABS.” - Architect from Surrey

Foundation of Support Campaign

Architects Benevolent Society has been a Foundation of Support for so many over the years.

We launched this campaign to celebrate our 170th anniversary to provide a renewed focus on our diverse range of services so we can help as many people as possible in the way that they need.

Tell a friend, colleague or family member and follow our #FoundationOfSupport campaign.

Money & Debt



Whether you are facing sudden reduction in your income or struggling to pay bills, debts or unexpected expenses we may be able to help you with a regular or one-off grant or specialist debt and benefits advice.

Mental Health & Wellbeing



We partner with Anxiety UK to offer advice on managing stress and anxiety with self-management techniques. You can contact them directly on our dedicated helpline **0844 848 7921** or email **abs@anxietyuk.org.uk**.

If you need specialist support, we may be able to refer you to Anxiety UK who will carry out a wellbeing assessment. We can then fund any recommended therapeutic assistance.

Housing advice



Whether you're facing rent or mortgage arrears, disputes with landlords, threats of eviction or other housing issues we may be able to offer a referral to our partner, Shelter, who can provide specialist telephone casework around complex housing issues.

Employment



If you've been made redundant or are experiencing difficulty finding work, we partner with Renovo who can offer help and advice including a Job Search Support Programme, giving you access to a personal job coach during a 3-month period.

Physical Health & Disability



We could make a referral to a provider of occupational therapy services, provide one-off grants to pay for specialist equipment or refer you to one of our benefits advisors who can help with understanding the benefits you could be entitled to and provide support through the claims process.

If you, or someone you know, may need our support please our Helpline **020 3918 858**, email **help@absnet.org.uk** or visit our website. We are here when you need us!

Regular Giving Appeal

You can be a Foundation of Support to the architectural community.

Over the past 12 months we have seen a drastic increase for our support services due to the coronavirus pandemic. Many members of the architectural profession are facing redundancy, mental ill health, financial strain and are turning to ABS for support.

Regular gifts allow us to plan and budget ahead of time so we can help the most amount of people in the most effective ways.

ABS is very grateful for every donation we receive. If you can give regularly, or increase your current regular giving please use the donation form attached or visit our website **absnet.org.uk/regulargiving**.

From June 2020 to July 2021 we have paid out over
£992,788
in grants.



Events



Worshipful Company of Chartered Architects (WCCA)

This year's WCCA award was designed by Jane Duncan OBE PPRIBA, ABS President and was presented by the Renter Warden, Chris Dyson on Tuesday 13th July at the annual Election Court lunch, Saddlers Hall.

We were delighted to nominate Eddie Weir PCIAT, ABS Ambassador as the recipient for all the support he gave throughout the Covid-19 pandemic during 2020.

Draw A Breath: a wellbeing mini-series

During Mental Health Awareness Week in May, ABS and Bright + Well Yoga, organised a three-part lunchtime digital wellbeing mini-series: Wellness Talk, Yoga for Wellbeing, and Nature inspired Meditation.

These were free to join and explored practical ways to reduce

stress, feeling overwhelmed and burnout. The sessions are now available on our website.

Ambassador Events

We're grateful to our network of Ambassadors across the UK for organising successful fundraising events for us. This year, these included Pause2Pic, a photography competition organised by our Scottish Ambassadors inviting photos of places, nature or things that lifted your spirits during lockdown.

Long term ABS supporters, Archi Velo group also organised Archi Velo 170 to celebrate our 170th anniversary. This encouraged participants to cycle 170 miles in one day, over a weekend or throughout the month of August.

Upcoming Events

#Time2Sketch

Our national sketching competition is returning for a third year on 23rd September. Participants are given a theme on the day and an hour to draw before submitting their design to our panel of judges. There will be prizes for the most imaginative drawings and our ABS colouring book will feature the top work submitted. Sign up on our website absnet.org.uk/time2sketch2021/



Retiring Trustees

Thank you Trustees

ABS has recently said goodbye to six of our longer serving Trustees who have now retired.

For many years these special individuals played a crucial role in the development of the marvellous support the Society provides to the wider architectural community. Between all six, they served on many committees, that have helped shape the Architects Benevolent Society we have today.

It is because of their commitment that the Society is now helping so many individuals and their dependants with a range of holistic support services. Due to Covid-19 restrictions, we were unable to thank them in person, however, we asked a selection of our nearby Ambassadors and Trustees to deliver a small token of thanks along with our message:



Stella Saunders



Ken Bingham



Ronnie McDaniel



John Assael



Chris Goodall



Janet Dunsmore



Kathy Thurman



On behalf of all past and present ABS beneficiaries, supporters, and staff, thank you for all your dedicated hard work, passion and care throughout the years. We wish you all the best in your future endeavours.