

## **John Stewart Memorial Fund**

John Stewart strongly believed in the importance of sport for a happy healthy and fulfilled life, even when increasingly disabled by the prostate cancer that took his life.

Through his diving and cycling tours he discovered the world and its rich mix of peoples; rowing, swimming and keep fit in Cambridge were central to his friendships and family life; watching (successful!) cricket and rugby surrounded by friends was one of the great pleasures left to him when disabled by illness; and his physical fitness helped him fight the disease to the end.

John was not a natural sportsman but his great mantra was "there is a sport for everyone, you just have to find it". The aim of this Fund is to help others, particularly the reluctant, disabled and disadvantaged to discover and benefit from the pleasures of sport. The Fund also assists those who, due to sudden illness or disability, need additional support to enable them participate in the sports they previously enjoyed, or to discover new activities.

The Fund is supported by a capital sum that has been enhanced by a government match under the Community First Programme. Each year this invested sum produces income that adds to the money to the Fund available to make grants.

Hear below from Catherine, John's widow, about why the family set up the John Stewart Memorial Fund in John's memory and some of the work the fund is beginning to support.

## **To support this fund**

If you wish to add your support to help the John Stewart Memorial Fund please send a bank cheque or CAF payable to Cambridgeshire Community Foundation, to Cambridgeshire Community Foundation, The Quorum, Barnwell Road, Cambridge CB5 8RE. If you wish to arrange a BACS transfer, please contact CCF for details.

Alternatively, online donations can be made on the [John Stewart Memorial Fund page on the Localgiving.com](#) website - All donations of money can be enhanced at no extra cost to yourself if you are UK tax payer and able to complete a gift aid declaration. The Localgiving.com website will offer you this option when you make your donation. If you are sending a cheque, please complete the form below to allow Gift Aid to be claimed on your donation. Thank you for your support.

[Gift aid declaration form](#)

# Grant Awarded

The John Stewart Memorial Fund made a grant of £1,875 to the You Can Bike Too project.

You Can (<http://theyoucanhub.org.uk/>) is an innovative Cambridge based, user-led organisation providing disabled and disadvantaged people with support, training and access to resources to enable them to take more control of their own lives and make a contribution to their community by reducing their own social exclusion and being strong visible role models for inclusion

The You Can Bike Too project is an all ability cycling opportunity being developed by and for people with and without disabilities at Milton Country Park. The You Can team wanted to cycle but couldn't find the right bikes or location locally, so they decided to do something about it

The John Stuart Memorial Fund awarded the project a grant to buy a new Tom Cat Trike. The specially trike is a very exciting addition to the total of 7 bikes and go kart that are available for hire from the You Can Bike Too project at Milton Country Park - £5 per bike, per hour.

On Sunday 24th March 2013 Catherine Stewart, widow of John, visited Milton County Park to see meet some of the You Can Bike Too team and to see the new trike in action.