



Message from the Chair, Seyi Obakin

Welcome to this edition of the Tobi Adeyemi Foundation Newsletter, which coincides with our *second annual fundraising dinner and lecture*. First, and most importantly, I thank you so much for your continuing support. The founders and trustees of the Foundation have drawn great strength and encouragement from your empathy and commitment. And it is your empathy and commitment that gives us the pleasure of the success of Tobi Adeyemi Scholars – the young people whose lives your support is enabling this Foundation to change. It is pleasure we share wholeheartedly with you.

Every successful charitable enterprise starts with a dream; Someone's dream to make a difference to humanity. Someone's dream to enable another person, to inspire another or to encourage another. Someone's dream to leave the world a better place than they found it. But dreaming alone has never changed anything. Not a single thing. Only dreams that are turned to action make a difference. This Foundation was inspired by Tobi's dream – a young man who did what he could with what he had.

In all societies, economic disadvantage is strongly associated with poor performance and achievement, and, in our society, this is the case at every key stage. According to the Department for Education, whereas 78% of all children attain the required literacy and numeracy standards at age 11, only 60% of those from disadvantaged backgrounds do so – a gap of 18%.

Unfortunately, by age 16, the gap has widened to 26% as just over a third of those from disadvantaged backgrounds achieve GCSEs at A*- C in Mathematics and English, compared to two-thirds of all other children. And that gap remains the same at age 19. Economic disadvantage - life's circumstance - is denying these children the chance to make the most of their God given talents. One by one, Tobi Adeyemi Foundation is enabling some of these young people to have a future their talents intended for them. With your support, Tobi's dream is touching lives and changing them.

This year, the Foundation has enjoyed support from many people – a handful of whom you will hear from on these pages – and, your support has been consistent throughout the year and in various ways. For example, despite pouring rain, 24 golfers turned out for our first fundraising golf event in May and had fun while changing lives. What you have all done has been so much in keeping with our values – positive about young people, kind-hearted, optimistic, ambitious and energetic. We are immensely grateful to you all – thank you.

Tonight, we have the pleasure of welcoming Ken Olisa OBE to deliver the lecture – a man who has himself given so much back to change lives and who has thus become one of the most influential people in this country. I can't wait to hear from Ken and I enjoin you please to enjoy the evening.

Who is Ken Olisa?

Ken is Founder and Chairman of Restoration Partners, the boutique technology merchant bank. Ken's technology career spans over 30 years commencing with IBM from whom he won a scholarship while at Cambridge University. At IBM he held various posts in systems engineering, sales and marketing, before joining Wang Laboratories in 1981. Following a period as Marketing Director for Europe, Vice President of US Marketing and then of Worldwide Marketing, Ken was appointed Senior Vice President and General Manager of Wang Europe, Africa and the Middle East. In this role, he was responsible for the sales, marketing, support, service and administration activities within 11 subsidiaries and 92 distributors. After leaving Wang in 1992, Ken founded Interregnum, the technology merchant bank, which he led to a £100+m IPO on AIM in 2000.

He was elected as a Fellow of the British Computer Society in 2006. In addition to his entrepreneurial/private equity activities, Ken has considerable public company Board-level experience on both sides of the Atlantic. His connection with AIM dates back to the market's foundation. In 1995, he chaired Voss Net, the first UK ISP (Internet Service Provider) to go public and one of the first companies to list on AIM. He was later Chairman of the Board of the first Israeli company to list its shares on AIM – DMATEK. He is a director of Thomson Reuters and has served on the boards of ENRC from 2007 to 2011 and of Open Text Corporation from 1998 to 2008. He joined the board of The Institute of Directors as a Non-Executive Director in April 2013 and he is currently Non-executive Chairman of Outsourcery Plc who successfully floated on AIM in May 2013. He additionally serves on the Board of, or advises, several early stage private technology companies.



*Ken Olisa OBE
Guest speaker
2014 TAF annual lecture and dinner*

Ken's knowledge and experience of large and small enterprises, technology and marketing – and his willingness to speak his mind – makes him a much-demanded public speaker.

A believer in the Victorian ethos that successful commerce is the fuel of public service, Ken is a Freeman of the City of London; Past Master of the Worshipful Company of Information Technologists; a Director of the Thomson Reuters Foundation; Chairman of Thames Reach (a charity working to shelter and resettle the homeless in London for which he received an OBE in 2010); Chairman of Shaw Trust, a past member of the Government's Women's Enterprise Taskforce and was an inaugural Postal Services Commissioner from 2001 to 2004 and an original member of IPSA (Independent Parliamentary Standard Authority) until 2013.

In 2009, he was named the Sunday Times Not for Profit Non-Executive Director of the year and was voted one of the Top 50 most influential people in UK IT in 2011, and the second most influential black person in 2014 by the Power List Foundation.

TAF supporters – have you joined us yet?

Why I support Tobi Adeyemi Foundation

I support the Tobi Adeyemi Foundation out of huge respect for Tobi and his dreams. He was one of the few people that I can say I've known for as long as I can remember and was one of my best friends. He was one of my inspirations. Tobi always encouraged me to do my best in everything I do and when I was struggling, in my studies or any aspect, he was always there to help me. Tobi's ideas and his kind-heart are reflected in the work of the foundation by encouraging others to reach their full potential as Tobi encouraged me. Even at 16, Tobi was thinking of others and I hope that by supporting the Tobi Adeyemi Foundation, Tobi's caring nature can touch as many people as possible.

Ife Obakin



Ric runs to raise funds for TAF



I was fortunate enough to know Tobi as he was a part of the children and youth groups at the church for which I work – Sutton Christian Centre. Tobi was as bright as a child as he was as a young man. He was destined for great things and I know that he would be thrilled by the work that the Tobi Adeyemi Foundation continues in his name, ensuring that barriers are removed from bright young people so that they can fulfil their potential.

I have been proud to run for the Tobi Adeyemi Foundation, and this year I attempted 'one-and-a-half Marathons', raising over £600 for the Foundation through sponsorship of two events - the Brighton Marathon (26.2 miles) and the Surrey Half Marathon (13.1 miles).

I'm no great runner, and it might sound a little crazy, but I loved every moment of these two races. If you are wondering whether you could run to raise money for the Tobi Adeyemi Foundation, then may I gently encourage you to give it a go? A great place to begin is by participating in a free Saturday morning Park run (parkrun.org.uk). Go on...you know you can do it!

Ric Adams

Tony has been a staunch support of TAF since its inception

The Tobi Adeyemi Foundation was set up after the tragic death of Tobi by his loving parents. Tobi was an excellent young man doing well in studies, music and sport but above all he had a great character. Someone you could really trust and someone who really cared.

In his honour his parents set up a charitable foundation to help those who would like further or better education but could not afford it. What a wonderful thing to do!

Many of us go abroad and see how children are disadvantaged in life if they do not get an education. We also see how parents can be distraught when they cannot afford to send



their children to school. Whilst it isn't quite like that in the UK, there are still children with great potential who are hindered by their parents' financial circumstances from fulfilling their potential.

This charity is able to help meet those needs by bridging financial gaps in education where it cannot be afforded. Thus the child makes progress and blossoms, to the joy of

the family and the wider benefit of the society.

The charity is quite small but every one that is helped makes it very valuable. There is a well-known story of a child on a beach where a lot of starfish have been washed up and are in danger of perishing and, one by one he is throwing them back into the sea. Along comes an adult - in some versions it is a president - and he says to the child as he looks on the multitude of starfish "you are not making much difference." The child replies, "it makes a difference to that one" as he throws it into the sea. It seems to me that the adult/president would have done better by joining the boy and throwing a few into the sea and making a difference.

The Tobi Adeyemi Foundation is making a difference and we can in turn make a difference to a child by helping the foundation. Is there anything greater for anyone to do than to help a child fulfil his or her potential?

Let me encourage you to be among those who really care and take action in support of this Foundation.

Tony Horswood

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Tobi Adeyemi Foundation Scholar speaks

“Having done well in my studies, I was accepted to study at Chigwell School but could not afford to attend without substantial help and, even after I received a 90% scholarship from the school, finding the remaining 10% was still a problem, until my mum was introduced to the Tobi Adeyemi Foundation. I applied in hope, although I wasn't sure how it would go or what would come of it. As I am now just more than a year into my studies, I can say that truly the assistance of the Tobi Adeyemi Foundation has been a blessing from heaven to my family and me. A blessing that arrived just at the right time and a blessing that has allowed me to challenge myself academically and away from financial worries that often swings back and forth in the minds of many who might have been in my situation. Therefore I am certainly grateful to my Lord Jesus and the Tobi Adeyemi Foundation's overwhelming support. I hope the word 'overwhelming' does enough justice to how much of a blessing they, and all of you who support them, have been to my family and me. Thank you’.

Tobi Adeyemi Foundation Scholar A (anonymised for confidentiality)

Highlights from the inaugural Tobi Adeyemi Foundation Golf Classic

On the 8th of May 2014, 24 golfers gathered at the prestigious Surrey National Golf club in Caterham, Surrey to participate in the inaugural Tobi Adeyemi Foundation Golf Classic in support of the Tobi Adeyemi Foundation.



Tony Horswood receiving his prize from the Captain of the Nigeria UK Golfing Association (NUGA), Muyiwa Obileye

Although the weather did us no favours, the 24 golfers enthusiastically took to the fairways to

play for the foundation.

Despite the poor weather conditions the standard of play was very high. The evening saw non-golfing guests joining the players for dinner, prize presentation ceremony, raffle & auction. The prizes were presented by the Captain of Nigerian United Kingdom Golfing Association (NUGA), Mr. Olumuyiwa Obileye, to the winners of division 1 and 2 categories of competition, as well as longest drive, nearest to the pin and lowest gross. Some of the winners of the evening included Mr. Layi Akano, Mr. Femi Adesanya, Pastor Omasan Oritsesan, Mr. Abo Adeoye, Mr. Victor Ogunbusola, Dr. William Akpala and Mr. Ayo Oshowo. The overall winner was Mr. Tony Horswood.

Through the generosity of all those who participated and other supporters the Foundation raised over £2,000. The foundation is grateful to all who supported the Golf Classic and made the event a great success. We hope to welcome you and others back to Surrey National next year for the 2nd Tobi Adeyemi Foundation Golf Classic.

Dr. Adegbenga Adeyemi, Trustee

Sudden Cardiac Death In Young People and Children

The Tobi Adeyemi Foundation takes its roots from very tragic circumstances. The sudden cardiac death of a fit and very active teenager, Tobi, whose body and mind were in their prime. This harrowing situation may strike a personal chord with some of you, yet others may have come across it from the media, particularly in the world of sports.

Sudden Cardiac Death (SCD) is used to describe an unexpected and sudden death, usually within an hour, which is felt likely to be due to a heart condition. This heart condition may be due to a structural abnormality that had hitherto been undetected but may also be due to an irregular heart rhythm in which case, no definite cause is found even after a specialist post-mortem. This latter group is now referred to as Sudden Arrhythmic Death Syndrome (SADS) and accounts for roughly 5% of SCD, about 500 cases a year in the UK.

SCD remains a complex and incompletely understood group of conditions and there is ongoing research into the genetics and mechanisms involved. After such an event, there is a rigorous examination of the body usually carried out by a pathologist under the direction of the coroner. The aim of this is to try to ascertain the cause of death. In the meantime the devastated family are coping with the grief of losing a loved one so unexpectedly, a young person who had a life, full of hope and promise ahead of them. It is common for the family and friends to blame themselves and to question if they missed any warning signs or should have responded differently to the unexpected situation.

How common is SCD?

About 500-600 apparently fit and healthy people, aged below 35 years die from undiagnosed heart conditions in the UK every year. This risk is 2-3 times greater in young competitive athletes. There is also a greater risk in first-degree relatives (parents, siblings or offspring).

Causes

1. Irregularities of heart rhythm (Arrhythmias). Examples include: Long QT syndrome, Brugada Syndrome and Wolff-Parkinson -White Syndrome.
2. Structural Heart Disease. These could take two broad forms – cardiomyopathies and congenital heart disease.

(a) Cardiomyopathies – three types:

Hypertrophic cardiomyopathy which is abnormal thickening of the muscles within the heart reducing the capacity of the heart chambers to fill properly and it may also obstruct the flow of blood out of the heart; Dilated Cardiomyopathy which is abnormal stretching of the heart muscle resulting in poor contractility; and Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC) which is replacement of heart muscle in the right pumping chamber by fat and fibrous tissue.

(b) Congenital heart disease

Abnormal valves & complex heart disease or Abnormally located coronary arteries.

3. Inflammation of heart muscle (Myocarditis)

This may happen with viral or flu-like illnesses. Symptoms may be non-specific such as headaches, sore throat, muscle and chest pains or fatigue. Myocarditis may account for up to 12% of SCD in young athletes who may still feel well enough to take part in competitions.



That's like comparing apples and oranges.

General advice

- Inform your GP if there is any first-degree family history (parent, sibling or child) of SCD and ask about family screening. Screening usually consists of a clinical review including detailed family history, ECG and an ultrasound of the heart (Echocardiogram). It may be extended to include an exercise stress test, 24- hour ECG monitoring and referral for more specialist investigations such as blood tests for genetic studies.
- Symptoms such as chest pain, shortness of breath on exertion, palpitations, and fainting or dizzy spells must be taken seriously and brought to the attention of your local doctor.
- Look after your heart in terms of adopting a “heart friendly diet” (more of fruit, fibre and fish, less of fat, salt, sugar and red meat), gentle regular exercise and adequate rest.
- Avoid strenuous or competitive exercise during flu like illnesses.
- Finally, do get yourself first aid trained. You never know when it may be you helping to save a life.

Dr Tosin Otunla

Consultant Paediatrician with expertise in cardiology

Upcoming events



Autumn 2014 – Tobi Adeyemi Foundation charity day at Lingfield Park will take place on Thursday 30 October 2014. We are looking forward to joining Lingfield Park on their 25th All Weather racing birthday and the launch of their 2nd All-Weather Championship Series. Please come and support us at Lingfield Park for a day of fun and entertainment.

Spring 2015 - The Tobi Adeyemi Foundation Golf Classic will happen on a golf course near you. Please register your interest by sending an email to info@tobiadeyemifoundation.org or letting one of the trustees know.



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Autumn 2015 – the 3rd annual fundraising lecture and dinner for the Tobi Adeyemi Foundation will be held at a venue and date to be announced. Early registration of interest would be very much appreciated.

HOW YOU CAN HELP

You can help by donating, organising an event or just encouraging us.

DONATE

By 'JustGiving': You can donate securely and directly to the Tobi Adeyemi Foundation by using the secure JustGiving service. Our page is at: www.justgiving.com/tobiadeyemifoundation.

By Standing Order: You can donate by giving regularly - making monthly donations. A Standing Order form can be downloaded from the TAF website via the 'How you can help' page.

By Cheque: You can donate by cheque made payable to the 'Tobi Adeyemi Foundation'. Please mail to: The Tobi Adeyemi Foundation, 3 Vicarage Close, Kingswood, Surrey, KT20 6QF, United Kingdom.

ORGANISE

You can set up your own event or fundraiser on JustGiving for the Tobi Adeyemi Foundation, again by visiting:

www.justgiving.com/tobiadeyemifoundation.

ENCOURAGE

Sign up for regular updates and send us your comments. If you haven't done so, please 'like' our Facebook page, found at: facebook.com/tobiadeyemifoundation

The family and friends of Tobi Adeyemi would like to thank you and express their great appreciation for any support you can give to the Tobi Adeyemi Foundation in his memory.

APPLYING TO THE TOBI ADEYEMI FOUNDATION

If you are a young person of age 19 or below, have outstanding academic, sporting, musical, artistic or all-round potential and, require financial support in order to continue your education, the Tobi Adeyemi Foundation may be able to help.

You will need to complete an application form, which you can download at tobiadeyemifoundation.org/eligibility. You will find it helpful to read the Foundation's grant-making policy, which you will find on the same web pages. Good luck!

www.tobiadeyemifoundation.org

Tobi Adeyemi Foundation is a Registered Charity no: 1144191