

# For Fitwise Management Ltd, we believe Corporate Social Responsibility (CSR) really matters.



**3**

Sponsored mountains climbed



**56km+**

in sponsored walks



**1,671km+**

in sponsored cycles



shoeboxes donated to Christmas Shoebox Appeal

3 Christmas Raffles



**£900+** for local charities



A pub quiz was held to raise money for local 2 year old, Rhys McTaggart

John Matthews, previous Chairman, cycled from Land's End to John O'Groats to raise money for for his friend Nick who was sadly struck down with cerebral malaria whilst working as an ophthalmic surgeon restoring sight to thousands of people in Malawi.



.....**1,437km**.....

**£15k**

# OTHER ACTIVITES

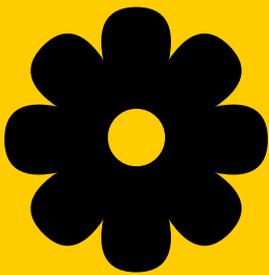


MARCH 2012

Fitwise facilitated 1 week of work experience for a local school pupil.

MAY 2011

Office materials donated to Blackburn Family Centre



MARCH 2014

Marie Curie Great Daffodil Appeal: £100+ (overall group working at Almondvale Morrisons raised £906.59.)

APRIL 2012

West Lothian Council local area clean-up resulting in 30 bags of rubbish.



OCTOBER 2015

Along with SHBT, we welcomed local primary schools to Blackburn House for fun and educational activities about local history and business.



We make a living by what we get, but we make a **life** by what we give.

- *Winston Churchill*

# OTHER ACTIVITIES

Members of the events team, along with the managing director, attended an events class at West Lothian College to give tips on entering a career in event planning after graduation.

May 2016



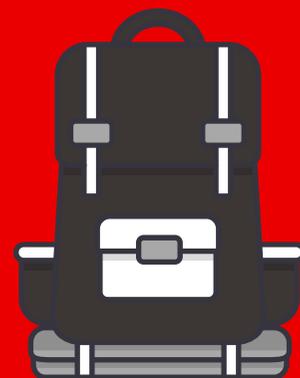
September 2016



Members of the Fitwise team participated in a Twin Peaks Challenge on Saturday 3rd September 2016 to raise money for Macmillan Cancer Support in West Lothian. The team successfully raised £745.

In November 2016, the team at Fitwise brought together items for the homeless in Edinburgh. We donated items such as coats, hats, gloves, socks, sanitary items, and toiletries, as well as money towards food. We made up a total of 7 rucksacks, 4 for women and 3 for men. These items were dispersed via Salvation Army.

November 2016



“ Giving is not just about making a donation. It is about making a **difference.** ”

- Kathy Calvin

So let's make a difference:

**FINAL**

**FIGURES**

If you would like to contact the CSR Team, please see below details:

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**£17,745+**  
**RAISED**

**14+**  
**CHARITIES**

For more information on all our CSR activity and the charities we support, please visit our website.

**FITWISE.CO.UK**

**@FITWISE\_MGT | #WISEUP**

# ABOUT THE CHARITIES

**Macmillan Cancer Support** is one of the largest British charities and provides specialist health care, information and financial support to people affected by cancer.

**Samaritan's Purse UK** is an international relief and development organisation that works through local churches

**Scottish Autism** are the largest provider of autism-specific services in Scotland and a leading authority and advocate for good autism practice.

**Scottish Mental Health Association** is Scotland's leading mental health charity and provides services for people with mental health problems across Scotland.

**Maggie's Cancer Centres** help support those affected by cancer. They offer a safe haven for individuals who have just been diagnosed or are undergoing treatment.

**Alzheimer Scotland** provides a wide range of specialist services for people with dementia and their carers.

**Special Olympics Lothian** is the main provider of sporting opportunities for people with a discernible learning disability within the Lothian region, regardless of ability or degree of disability.

**Marie Curie** provide care and support for people living with any terminal illness, and their families.

**Blackburn Family Centre** provides free childcare and support for families suffering long-term unemployment.

**Cancer Research UK** is the world's largest independent cancer research charity.

**West Lothian Foodbank** is a local charity supplying food and support to those in need.

**STV Appeal** is a Scottish charity appeal organised by STV and The Hunter Foundation, in aid of the STV Charitable Trust, for child poverty.

**Little Stars** is a local charity supporting kids with autism.

**Salvation Army** is an international charity offering a range of activities and services within local communities.