



Recipes for future success

SINCE MY Declaration as High Sheriff of Warwickshire on Maundy Thursday the time has flown by with great speed and a plethora of exciting opportunities and engagements.

From a Gurkha Remembrance Ceremony to Shakespeare Celebrations in the first few weeks of taking on this amazing role, the pace of the last six months has not slowed at all: civic services to school speech days, rolling up my sleeves and helping with cooking meals to attending Queen's Award Ceremonies are among many opportunities that have come my way.

My theme for the year has been raising the problem of domestic violence, not only for the victims but also for our communities. In Coventry and Warwickshire during 2017 there were over 1,700 Non-Molestation Orders issued by the courts to protect victims of abuse from violent partners or family members. I have spent time with the victims and the agencies whose aim is to protect them. Visiting a refuge is a humbling experience; seeing mums and their children in a safe place, but unable to have family members visit them for fear of being found is not what society needs. Their endurance and optimism is amazing and the staff do a remarkable job in supporting them – not so much work as a vocation to make difficult lives better. Because of my involvement I have been asked to speak at the Coventry and Warwickshire Family Law Conference in October.

Another of my priorities has been to support young people during the summer holidays by providing a hot meal and encouraging them to learn cooking skills for the future. I have been working with a charity called 'Young People First' which undertakes projects with youngsters in difficult areas and those who are leaving foster care and coming into the community, looking for work without the support of family members. We have been able to provide breakfast for youth club members thanks to local supermarkets providing me with trolley loads of basic foodstuffs and have run cooking sessions to help



On the steps of the Judges House following the Declaration: Tim Cox, Lord-Lieutenant of Warwickshire; Hon Mr Justice Saunders; the Revd Dr Vaughan Roberts, Chaplain to High Sheriff; Clare Sawdon JP; David Lodder, Under Sheriff; Mark Davies, outgoing High Sheriff; Revd Ian Gobey, retiring Chaplain; His Honour Judge Lockhart QC



Receiving a new mobile treatment centre for St John Ambulance from The Provincial Grand Lodge of Mark Master Masons of Warwickshire representative Philip Wills



Young People First Fun Day: David Skoppek CEO of Young People First; Clare Sawdon; Stephen Cross, Chair of Warwick District Council and young people enjoying the Fun Day

youngsters to learn to budget and feed themselves in a nutritious way, rather than resorting to fast food. It's amazing what you can do with a pound of mince, an onion and a tin of tomatoes, let alone a large potato! Youth workers often fill the gap, providing love, support and guidance which may be lacking in the lives of young people.

The position of High Sheriff is a role to be treasured; you make of it what you can, but the great thing is it opens so many doors and allows you the opportunity to make a difference in your county. I have found my year so far to be exciting and humbling, there are so many people within Warwickshire who serve their local communities without making a fuss, but it seems to mean so much to them when somebody in a special hat turns up and says thank you. I am so looking forward to the next six months and whatever it can bring. Thank you, Warwickshire, for giving me the privilege of serving you!

♣️ **Clare Sawdon JP**
High Sheriff of Warwickshire 2018-19