

Adam Prince, who moved to Swythamley from Burnham in April last year with his wife and daughter (Paula and Anastasia respectively), was awarded a BEM (British Empire Medal) in The Queen's New Year Honours List 'for services to the Burnham Community during Covid-19.'

Burnham Village has a population of over 13,000 people with over 40% being on or below the poverty line.

Just before the first Lockdown, when no-one was really sure what life would be like and how people could help each other, Adam set up a charity called Burnham Resilience CIO. Adam started the charity with a Facebook page, initially, with the goal of creating a more resilient village, providing a platform for local businesses to let villagers know how to request deliveries, finding different ways of working and connecting neighbours who prior to lockdown might only have shared an occasional greeting.

Within the first week after launching 100 volunteers had signed up to help and after just two weeks there were over 350 volunteers working to support the whole village. One of the first projects was to allocate volunteers to individual streets and then organise a leaflet drop into every letterbox letting people know who their street coordinator was and how to contact them to request help. As the requests came in, the charity then found ways to help people, applying for grants and working with the local County Council and foodbank to get access to services.

The charity saw it's volunteers carrying out over 10,000 acts of social kindness including activities such as shopping, prescription collections and running errands. The charity took on many projects including making up activity bags for children struggling to cope with Lockdown, activity packs for the elderly, food parcels, cake baking for teachers and health centre staff, a Buddy-Up scheme connecting lonely residents with a Buddy to have weekly phone calls with, a Pen Pal scheme and the 'Just Say 'Hi'' Campaign. Important schemes such as Mental Health resources for schools and Mental Health packages to look after all the children, parents and staff of five of the schools in Burnham were set up and funded. Medical equipment for residents to be monitored at home if they were unable to get to the Health Centre for their regular checks and were vulnerable and on a low income were amongst many of the other projects that the charity were able to deliver.

Adam said 'it was an extremely busy time and a lot went on behind the scenes but none of it would have been possible without the help, support and dedication of the volunteers and Trustees. I feel very honoured and humbled to have been nominated and to receive an award but it is really for everyone who supported and continues to support the Burnham Community and the charity which continues to support Burnham'.

Adam continues to run the Burnham Resilience CIO charity from afar. He says 'One thing Covid has taught us is that working from home and overseeing things from a distance has made it a very small World and almost anything is possible if you have access to the Internet and a phone'

Since moving to Swythamley, Adam has already rolled his sleeves up to get involved in the community, manning the Home Produce stall at the Community picnic at Butterlands Farm, marshalling at The Trout Run, serving teas and coffees at the 40th Anniversary of the Swythamley and Heaton Centre and recently joined the Community Association Committee there.

Adam's ethos is that 'it is important to give back to the Community that you live in as you never know when you will need their help too, not only that but volunteering also gives you a sense of pride in where you live and a sense of belonging. It fosters stronger community relations and has been proven to not only build resilience but also to improve mental health! What is there not to like about it!'

Adam regularly attends the Open Tap evening at Winkle Brewery with his wife and enjoys exploring the local area.

