

A volunteer's view:

March 2019, London, UK

We met a good few years ago now, both STOTT Pilates teachers. We sat next to each other whilst on The Pilates chair course, a fabulous piece of equipment to add to our Pilates repertoire. She proceeded to give me her card & there it stayed in my wallet ever since.

Cards came and went in and out of that wallet but hers persisted to stay. Subsequently we saw each other albeit ever so briefly at the annual Stott Pilates Symposium in London.

*Until last year, November 2018, when I found her amongst some Japanese students engrossed in conversation. Three guesses as to what they were discussing. **It was then that I discovered TAF.** Heard of its inception, her vision, her mission, her passion.*

The seed was sown.

By January 2019, I knew something was missing from my life.

There was a void. My faith led me to find a cause I could fight for.

***TAF was that cause.** It had been staring me in the face. Time as we all know is a precious commodity. We are all busy. Busy being busy. How I have come to dislike that word.*

When you feel called to give, nothing should stand in your way. I so wanted to help somehow. I immediately contacted Berit & coincidentally being Ocean week she was glad to welcome me on board.

I cannot thank her enough for the experience and the opportunity to work alongside someone with such veritable passion and energy.

A driving force, pioneering the way forward to save our magnificent heroes of our oceans.

She began to remind me of another great friend I had who sadly died who in her way did much to help the poor in Morocco.

But here 6 years later helping now to save our whales & dolphins from Monaco. She and her volunteers thus far have infused me with such enthusiasm that at the beginning of each Pilates class I now teach back in London, donning a TAF tea-shirt and their lovely blue cap, I at once speak of TAF & direct them to their Facebook page.

Berit at TAF, is in great need of volunteers at every level. Especially with admin. Happy to assist with the first ever Whalethon. Held on 23rd March 2019, it was such a pleasure to help alongside such a dedicated bunch of people.

Weather amazing, children and adults alike enjoyed & rose to the challenge. Either walking or running 1 or 4 km with Paula Radcliffe at the helm. My job, posted at the finishing line, making sure our participants did not continue on into Italy. What fun.

A fabulous beach clean followed where sacks of rubbish was cleared off that beach that day.

Children in particular knew why they were there, the press ever ready to interview them & capture their excitement.

All were given a t-shirt at the start, all smiling when they eagerly finished. All raising awareness to change our habits that would ultimately lead to saving our beautiful creatures of our seas.

Monaco info rolled with excellent coverage and we no sooner had finished this event that went hurtling on into the next.

A wonderful presentation delivered by Berit Legrand herself at the yacht club four days later.

Again, working alongside her excellent team of volunteers the day was such an eye opener. How to go plastic free. To change what we buy really is the real challenge!

I came away from this week endorsing such a worthwhile cause and would urge you consider helping the lovely Mrs Legrand with her efforts. Her strengths can't quite rise to the surface because she so needs a PA & is so heavily bogged down in all the admin necessary to move our cause forward.

The week allowed me to discover gifts I didn't know I had and those I could surely work on to improve.

Here you have the chance to improve such skills, grow, change and transform not only oneself but our planet too. Working together imagine what we could achieve...

God Bless TAF

See you soon TAF and all who are sailing therein.

*Love
YO from UK*