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local network fund
for children and young people

We've given out half a million pounds to children in Cumbria...

It's been another great year for Cumbria Community Foundation. We've been able to do more of what we do best – getting money out to local voluntary and community groups.

During 2003/04 we gave away over £500,000 in grants to 200 different groups that provide a whole range of activities and support to children and young people in Cumbria. This year (2004/05) we will be giving out even more.

To celebrate this success we want to let you know about some of the groups we have been able to fund. Inside this newsletter you will find short reports about 14 projects. We hope you will enjoy reading about the groups, what they have been doing with the money we have given them and the children and young people who have benefited. We'd love to think that some of the projects might inspire you to develop new or improved activities for young people in your area.

This is not just our success. We know that without the thousands of volunteers and paid staff there wouldn't be projects for us to fund. We are delighted that so many people are committed to providing children and young people with all sorts of exciting projects and activities and making a real difference to the lives of young people in Cumbria.



Got an idea?

Want to do something for children and young people in your area?

Don't know where to start?

This newsletter is packed full of exciting projects that help children and young people get more out of life.

Would you like to set up a similar project in your local town, village or estate?

Why not give us a call. We can link you up with the people who can help get your idea off the ground, set up a committee and apply for money.

Why not give it a go?

Make life better for children and young people in your area.

Allerdale Youth Bank



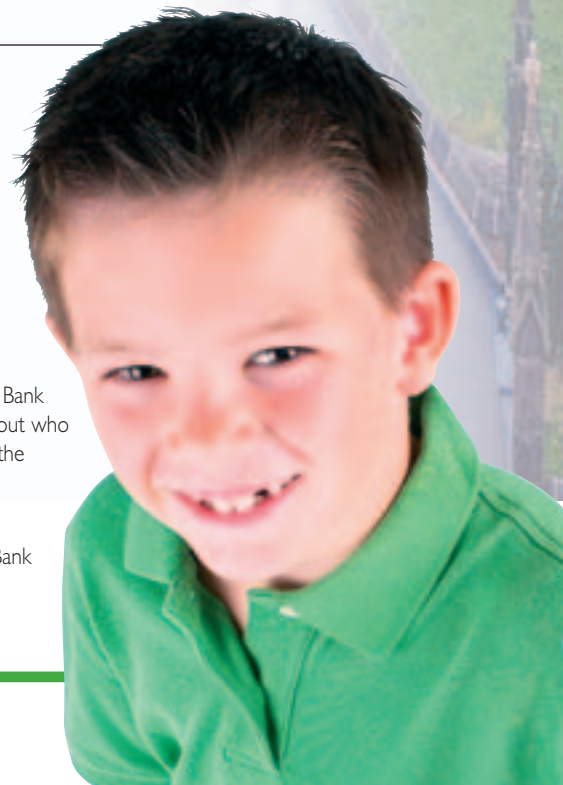
A special fund for young people, run by young people

Allerdale Youth Bank has money to give away to groups in Allerdale, but this fund is special...

Youth Bank gives money to groups of young people but it also gives young people the opportunity to learn how to be grant makers and how to run their own fund. Young people at Youth Bank have developed their own application form, set all the rules about who can get money and what they can get it for and they make all the decisions about which groups to give money to.

If you would like to know more about joining the other young people at Youth Bank or would like to get money from Youth Bank call:

Clare 01900 825760 or Pam 07971 253241



Alston Moor Fitness Club

What do you do if you're young and desperate for a body like Brad or Kylie but live 20 miles from the nearest sports centre, gym or swimming pool?

If you're lucky enough to live in Alston Moor you can head to the Alston Moor Fitness Club on Tuesday or Thursday evening.

For two hours each evening, two specially trained instructors are on hand to encourage young people to develop personal training programmes and run classes like boxercise. The staff also run sessions at the local secondary school introducing young people to a healthy life style through stress busting, self defence and anti-smoking workshops.

Grant of £12,000 over two years from Local Network Fund

Carlisle Mencap

Learning to get by in the adult world is tough, it's even harder when you have a learning disability

That's the reason why we supported the Saturday Club. The club gives young people with learning disabilities a chance to learn new skills. Using every day experiences such as a shopping trip or visit to the cinema, the young people learn about money or how to buy a bus ticket, working together to plan their own programme of activities.

Families have seen real changes in the 18 young people who come to the club. These may be as significant as improvements in difficult behaviour or that they are happier and more able to get on with other young people.

Grant of £6,460 from Local Network Fund

Oxen Park Cinema Club

The silver screen comes to a village hall near you

Children in rural areas rarely get the chance to go to the cinema, so why not bring the cinema, complete with popcorn, to them. That's what Oxen Park Cinema has done. With its grant the club set up a Saturday Film Club for under 16s. It has shown 4 films for under 12s and is currently working with under 16s to put together a programme for teenagers. Workshop sessions about animation and film-making have also been successfully run in local schools. Who knows, Oxen Park Cinema may be growing the next Scorsese or Spielberg?

Grant of £434 from Local Network Fund

Barrow Youth Brass Band

Loads of young people in Barrow are blowing their own trumpets thanks to a grant

The grant gave them a chance to stock up on new instruments and run three taster workshops. Young people who had never even picked up a trumpet were given a chance to try out the new instruments. Twenty three young people came along and many have joined the band. The band is delighted. They can now encourage anyone to join them without having to pay out a fortune to buy their own instrument.

Grant of £5,000 from Local Network Fund



Touchdown

Growing rugby stars of the future

Touchdown is all about introducing children and young people in Furness and South Lakeland to rugby league and helping them to learn the basics of the game. It has a long term plan of growing local rugby stars of the future.

Mixed with coaching about the skills and tactics of rugby are sessions about important issues such as healthy eating and drug awareness.

The combination is a winning formula and the project has been inundated with thank you letters and phone calls from young people, parents and teachers. Young people who have listened to the drug awareness talks have said '...it's made me determined not to even try drugs'; '...put me 100% against drug abuse after seeing the pain it can cause'.

Grant of £12,000 over two years from Local Network Fund

St Michael's Out of School Club

Much more than a take away!

This grant enabled 60 children from Workington to travel the world.

Many children in Cumbria don't often get the chance to learn about the cultures of other countries. So it's important that they experience what it's like to grow up somewhere else in the world.

The 60 children who attend St Michael's Club got dressed up, decorated their class room and played musical instruments from Japan, India, Thailand and the North American Indians. As you can see from the photograph (front cover) the children had a great time and can't wait to set off on their next journey to Africa and Scandinavia.

Grant of £1,050 from Local Network Fund



Primus Theatre Group and Self Injury Support

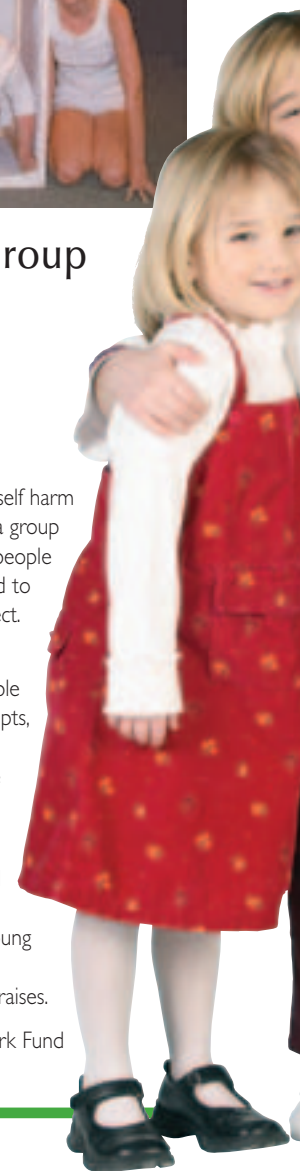
'Seeing the blood flow feels comforting and releases the feelings'

After talking to young people who self harm and to staff at Self Injury Support (a group that supports self harmers), young people from Primus Theatre Group decided to write a play about this difficult subject.

Primus is a theatre group for 11-18 year olds based in Eden. Young people from the group write their own scripts, design and build their sets, devise costumes and make up and provide all their lighting and other technical support.

The play will tour a number of local schools in Autumn 2004. Self Injury Support will be there to provide young people who watch the play with an opportunity to discuss the issues it raises.

Grant of £6,000 from Local Network Fund





CA15 – ‘Doing art stuff is brilliant fun’

That’s what one of the young people who went to CA15’s Saturday art workshops had to say. He’d just spent 12 weeks getting covered in paint, making art and above all having fun with 24 other young people from Maryport’s toughest estates. They made Chinese dragons, built models from boxes and toilet rolls rescued from the bin and, after a talk on healthy eating, even used fruit and vegetables for making prints.

Plans for the future include sessions using recycled textiles like carpets and old clothes and, of course, loads more fun for young people.

A total of four 12 week courses will run over two years.

Grant of £12,000 over two years from Local Network Fund

Cleator Moor & District Credit Union

Beating the ‘loan sharks’

We are all swamped by requests to take out loans or open a credit card account. But for some families on low incomes or with poor credit ratings it is impossible to even set up a bank account. For many that has meant borrowing money at high interest rates from loan sharks.

Now there is a credit union that provides the opportunity to save as little as £1 a week and get small, cheap, easy to access loans.

The grant has enabled the Credit Union to serve a wider area and to set up an innovative young savers’ scheme.

Grant of £7,000 from Local Network Fund and Strengthening Rural Communities Fund



CUMBRIA
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HAND IN HAND FOR A BETTER CUMBRIA

PAC Ltd

Animating the school holidays

PAC’s approach is unique. Working exclusively with young people who are in danger of going into care or custody or who have been excluded from school, PAC uses art and multi media technology projects to build the young people’s self-confidence and address important issues.

Most of PAC’s activities take place during school term time. Without this personalised support during school holidays, many of these vulnerable young people are in danger of returning to crime or their often delicate family relationships breaking down.

The 20 young people involved with this project pick topics and, over a ten week period during school holidays, explore them using digital photography, animation, music and videos to create images for an exhibition.

Grant of £9,778 over two years from Local Network Fund



Greystone Community Centre

‘There’s nothing to do and nowhere to go’

Greystone Community Centre is slap bang in the middle of an area of Carlisle plagued by drug misuse, where loads of young people hang out on the streets.

This project is all about getting to know the young people. Staff from the Centre encourage the young people to talk about what matters to them and the kind of things they’d really like to be doing of an evening. The staff and young people then work together to plan and run activities. What is most important is letting the young people take the lead in planning things that they really want to do.

Grant of £12,000 over two years from Local Network Fund

Broughton Rural Safety Group

Djing their way to riches

We want more things to do! That was what the young people in Great and Little Broughton said in a questionnaire.

Organising trips and setting up activities all costs money and grants are hard to get. The young people of Broughton came up with their own solution. After a successful DJ workshop run in the village last summer, they decided they wanted to run a regular DJ night to do their bit towards raising money. The grant was used to buy the decks and other equipment.

Grant of £300 from Allerdale Youth Bank

Coniston Youth Club

‘It opened their eyes to life outside their village’

Village life is not all about green fields, sunshine and freedom. Many young people feel isolated from mates and have little opportunity to meet people from other cultures. The young people from Coniston Youth Club decided they wanted to get out and experience city life and other cultures. They linked up with youth clubs in Glasgow and Chester and went to visit both cities for a weekend.

For some young people it was their first time in a taxi, eating a Chinese meal or seeing a woman wearing Muslim traditional dress. For others, it was a chance to make new friends and gain confidence, travelling and meeting new people.

Grant of £3,478 from Local Network Fund

Trinity Tigers Youth Club

Our club should be for everyone

After running a successful project all about disability, the young people from Trinity Tigers wanted to know why there were no disabled young people at their club. They decided they wanted to encourage disabled young people to join them. The club got a grant from us to employ an extra youth worker with experience of supporting children with disabilities and advertised their club at local schools with disabled pupils. Now three young people with disabilities have joined and club members and staff are proud to say that they have a truly inclusive club.

Grant of £3,000 from Local Network Fund

Cumbria Community Foundation,
Unit 6B, Lakeland Business Park, Cockermouth, Cumbria CA13 0QT
Tel: 01900 825760 Fax: 01900 826527
Email: enquiries@cumbriafoundation.org Website: www.cumbriafoundation.org

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Child protection, getting it right

Sadly, child protection issues have been in the press a lot recently. It is so important that groups that provide activities for children and young people get it right when they employ people or recruit volunteers to work with them.

The Foundation is doing its bit to make sure that children and young people in Cumbria are not put at risk. It is now a requirement that any group we give money to for an activity involving children and young people must have an adequate child protection policy in place.

We know that writing a child protection policy can be difficult for some groups, especially if they have only just been set up. To make it easier, we work with Pre-school Learning Alliance and Young Cumbria to provide a free training session about child protection policies once a month. For details about these sessions give us a call on 01900 825760.

£350,000 of grants for children and young people in Cumbria

Local Network Fund for children and young people is a pot of money we manage on behalf of the Government's Department for Education and Skills. This is the third year that the Foundation has been managing this Fund in Cumbria.

We have already allocated over £500,000 in grants of £250 - £7,000 to 144 projects and have another £350,000 to give to groups before April 2005.

We have funded a range of projects including play areas, holiday play schemes, new youth clubs, young carers' projects, theatre groups, new after school clubs, sports clubs and lots more. The articles in the middle of this newsletter give a snapshot of some of the projects we have funded. As you can see we are interested in helping all sorts of groups.



Who can get money from the Fund?

- Your group can be from anywhere in Cumbria.
- Your group needs to be working with children or young people (0-19 years old).
- The activity you want money for needs to be something new.

Want to apply but don't know where to start?

Have you got an idea but need some help to get your group going, to set up a committee, plan a project, or fill in an application?

Two local organisations are here to help you.

Cumbria Community Foundation works with **Pre-school Learning Alliance** and **Young Cumbria** to spread the word about the Local Network Fund and provide help to groups who want to make an application to the fund.

Both organisations have teams of development workers who cover the whole of Cumbria. The workers can spend time with your group to help you apply to the Local Network Fund. You might need help to set things up from scratch, starting with a set of rules or constitution. Perhaps you need support to develop a child protection policy, or maybe pointers about filling in the Local Network Fund application form.

Give either of the organisations a call to get started.

Young Cumbria on 017687 75085

**Pre-school Learning Alliance
on 01768 88300**

The Grants Team at the Foundation (L-R): Roger Hart, Clare Edwards, David Andrews, Lynn Postlethwaite



Want to know more?

If you would like to know more about anything you have read about in this newsletter please give us a call or visit our offices on Lakeland Business Park in Cockermouth.

The Grants Team at the Foundation:

Roger Hart	Grant Development Officer
Clare Edwards	Grant Development Officer
David Andrews	Grants Officer
Lynn Postlethwaite	Administration Assistant

Contact us on **01900 825760**

You can also log on to our website for details about how to get money and other information about the Foundation at www.cumbriafoundation.org