



Cumbrian rally ace launches the Jennings Rivers Ride

International rally driver and accomplished road cyclist Matthew Wilson is calling on people to take on one of three new cycle challenges which will be held in Cumbria on Sunday 18th September.

The Jennings Rivers Ride includes three stunning bike routes for cyclists of ALL abilities. Starting and finishing in Keswick, the Jennings Rivers Ride routes follow the devastating effects of the 2009 Cumbrian floods.

“The Rivers Ride aims to help local charities and to raise funds for the Community Foundation. We want the Jennings Rivers Ride to become an annual celebration of what’s best about community life in Cumbria. We are inviting groups across the county to enter teams, provide volunteers to support the event and provide stands at the Fun Day.” Andy Beeforth, Director of the Foundation.

The Family Ride is just over 8 miles through the beautiful North Lakes and taking in the rebuilt Newlands Beck Bridge.

The Middle Distance event will appeal to both cycling novices (with some preparation) and experienced riders. The route is close to 40 miles of lovely Lakes roads, heading towards Cockermouth crossing Ouse Bridge and



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returning via the rebuilt Lorton Bridge and finishing with a climb over Whinlatter Pass.

The Big Day Out ride aims to challenge the more experienced rider and heads all the way to the Irish Sea at Workington via Cockermouth. If that were not enough the riders return to Keswick via Honister, Newlands and Whinlatter passes to complete an epic ride of over 85 miles.

It’s not all about cycling as the event will include a Family Fun Day in Fitz Park, Keswick at the start / finish point of the event.

Anyone interested in entering the event should go to www.cumbriafoundation.org or www.sientries.co.uk

Grassroots success

Eden Rivers Trust has received a grant of £2,500 to assist with the management of the Eden Invasive Species Group from the Moorhouse Grassroots Grants Fund. In addition the Evening Hill Grassroots Grants Fund has made a £1,200 grant to Burgh by Sands Village Hall towards the cost of its re-development costs.

With the support of businesses individuals and trusts £1.5m has been secured to create 20 new permanent funds through the Grassroots Endowment Challenge.



Carlisle Soroptimists volunteering to pull Himalayan Balsam on the River Irthing last summer



Welcome to our new members

New corporate members

Burn How Garden House Hotel, Eden Housing Association, Financial Management Bureau, Hackney & Leigh, Canal Zoners, Temple Heelis LLP and Vinci Construction

New voluntary sector members

Ireby Festival, Carlisle Mencap, New Rainbow Pre-School, Watchtree Nature Reserve Ltd, West Cumbria Domestic Violence Support, Ayers Explorer Scout Unit, Ambleside Bowling Club, Northside Speedway Training Track Ltd, MANA Credit Union, Bay Trust Radio, Workington and District Amateur Music Society, Westmorland Barbarians RFC, Kirkbarrow Residents Association, Workington & District Civic Trust, Workington Transport Heritage Trust, Brantfield Toddler Group, Barrow Borough Sports Council, Maryport Model Club, Citizens Advice South Lakeland

Membership is an opportunity for people, groups and businesses to be part of the Community Foundation.

Impact of cuts on charities and community organisations in Cumbria

Nationally it is estimated that £5 billion of funding is being lost by local charities as the Government cuts public spending. The Foundation's own grant making has reduced by £500K p.a. with the end of the Grassroots Grants Programme and the closure by the County Council of the 0-19 Fund. Studies suggest that reductions in public sector funding could see as many as a quarter of our service-providing charities and community organisations folding.

For example; Cumbria County Council plans to reduce its investment in community and charitable organisations by more than £2m. Combined with other cuts, the impact for some organisations will be devastating.

This has massive implications for everyone in the community, but most importantly it will affect those least able to look after themselves. In some cases these will be people made unemployed by the cuts.

Charities and community groups are the only alternative source of support for people unable to access public services, so there is a strong case for special consideration for these organisations by local councils.

So what should be done?

- All cuts should be phased to allow organisations to seek opportunities to collaborate, cut costs, re-structure and plan.
- The implications for service users and public sector services should be assessed (to avoid unintended consequences) before implementing cuts.
- Councils should provide information promptly and should commit to ongoing dialogue with funded organisations.
- Identified emergency resources or a special fund set up to ensure that organisations providing key services to the most disadvantaged people are not lost and time is gained to mitigate the impact of funding cuts.

Ultimately we need a new culture of joint working between local public sector bodies and community organisation so they can develop new solutions together.

If time and money is not found to manage this process organisations will fold that do not need to and our communities will take years to regain these valuable services.



New website and social media

We are pleased to announce the launch of our new website, kindly designed free of charge by Designworks, one of our Corporate Members in Staveley. We will also incorporate an eNewsletter (newsletter by email). You can sign up to this via our new website.

Facebook has undergone some changes and you can "like" us at www.facebook.com/cumbriafoundation or follow our "tweets" at www.twitter.com/cumbriacf. We regularly post updates such as grant stories, events and photos.

We also offer grant recipients the use of our Flip video cameras to make short films of their projects. We have already uploaded videos from Carlisle Wheelchair Sports Club, Brough Christmas Fayre, Signal Film & Media Barrow, Allerdale COSC and footage from our Annual General Meeting. Search for Cumbria Community Foundation on www.youtube.com

St Mary's Youth Organisation in Harrington was awarded £2,500 to take 24 young people on a residential activity week.



Carlisle teacher leaves £1m gift to the young people of Cumbria

On the 13th of October Colin Rae tragically died when he was knocked from his bicycle by a lorry in Carlisle. Colin was a keen cyclist and a common sight in Carlisle.

Colin was a very private and caring man. His wish was that a significant proportion of his estate be left to support the educational needs of young people between the age of 14 and 22 throughout Cumbria. The 'Cumbria Young Peoples Fund' will be created with the legacy and the income used to make grants to support individuals and groups working with young people.

The Fund is aimed at enhancing life skills and opportunities for young people so that they can maximise their potential.

We are most grateful to have the opportunity to receive this generous gift and will ensure that Colin's wishes and interests are met through grants from this much needed fund. We hope that Colin's example will inspire others to help the people of Cumbria by making legacy gifts, large and small.

People news

James Cropper, HM Lord Lieutenant, President of Cumbria Community Foundation and one of the forces behind its creation, is now Sir James Cropper KCVO. Foundation director, Andy Beeforth received an OBE for his services to the voluntary sector. Deb Muscat, was Cumbria Woman of the Year 2010, for her work during the November 2009 Floods.

Two of the Foundation's longest standing employees, David Andrews and Roger Hart, will retire as Grants Officers. Together they have been the main point of contact for applicants since 2000. We wish them both well.



L-R: Roger and David

Barrow

A Jiu-Jitsu Club is rolling out training to young people across Furness.

Barrow Jiu-Jitsu Club was given £1,000 by Barrow Community Trust to fund two-hour workshops in primary schools. Club coach Phil Newton, a fourth dan black belt, is carrying out the coaching. So far he has visited Ormsgill and Sacred Heart primary schools in Barrow. He said: "We started the workshop by drawing a diagram of the body. In jiu-jitsu it's important to know where is it safe to hit. For example, it would be dangerous to hit someone near the heart. Phil teaches an hour-long jiu-jitsu lesson and the children are given a certificate at the end of the session. Emma Cooper, a member of the Club said: "It was great fun, and really interesting to see all the different weapons and how they are used."

June Chapman, Barrow Community Trust Committee member attended one of the groups sessions and presented the cheque to fund the sessions.

Photo: June Chapman, of Barrow Community Trust joins in with members of the Barrow Jiu-Jitsu Club Emma Cooper and Daniel Hill. Photo courtesy of North West Evening Mail.



Individual achievement

The Gibb Charitable Trust Fund awarded Paul Lee £250 in January this year to study for a Level 4 Award in Preparing for Lifelong Learning Teaching.

When Paul was younger he was involved in crime, and in 2000 suffered an accident which led to an addiction to drugs. After long police investigations, Paul was arrested in 2003.

The next 2 years proved to be a real turning point in his life. Following the deaths of his father and three close friends, his deepening depression led to a breakdown.

In 2006 Paul was sentenced to prison. He used his time wisely and gained an Open Entry Diploma to University and a European Computer Driving Licence. On his release, he made a conscious decision to turn his life around, and although still under police investigation, sought voluntary work in an effort to start rebuilding his life and developed a passion for helping others.

Paul discovered The Rising Sun Trust, a drug and alcohol charity, and was encouraged to volunteer with the organisation for the next 18 months. In 2007 he was offered a part time paid position and was promoted in 2009 as full time Development Manager.

Paul has since gained further qualifications and, with support from a number of organisations, started his new business venture, "Unique Talks". He hopes to build a directory of inspirational speakers who can share first-hand experiences with other interested organisations across the country.

"I hope my story is one that will provide inspiration to others who through circumstance find themselves at rock bottom needing something to encourage them to believe that all is not lost" said Paul.

On the right path: Paul Lee (right) supported by (right to left) Anne Cunningham, of Ways into Successful Enterprise, Ellen Clements, CCF Grants Officer, and David Chennells, of Allerdale Borough Council's Regeneration team. Photo is courtesy of Allerdale Borough Council.



Jenna Hall (pictured at the top of Mount Kilimanjaro) awarded £1,012 from Mary Grave Trust to visit Tanzania with her school. Jenna said "I learned lots and found it truly rewarding. I got to experience a different culture in a way which wouldn't have been possible on a holiday. I couldn't have done it without your grant."

Mary Grave Trust

The Mary Grave Trust is celebrating its 40th Anniversary in 2011 and the Foundation would like to hear from anyone who has benefited from a grant. What was your experience of your trip? What difference did it make to your life? Has anyone else in your family been on a trip supported by the Trust?

The Trust was set up in the 1970's by a local businessman in memory of his mother who lived in Maryport. Grants are awarded to allow young people to travel abroad for educational or youth group trips, work experience or gap year activities.

The Community Foundation is trustee of the Mary Grave Trust and, since our involvement, more than 500 young people have received support from the Trust.

To tell us of your experience or to find out more about the Mary Grave Trust please contact Cumbria Community Foundation on 01900 825760, email enquiries@cumbriafoundation.org or visit our website www.cumbriafoundation.org

Dates for the diary

Main Grants Committee and Barrow Community Trust

Deadline for submission 3rd June 2011

Panel meeting - 28th June 2011

West Cumbria Grants Panel

Deadline for submission 17th June 2011

Panel meeting - 13th July 2011

Annual General Meeting - 10th November 2011 Energus, Lillyhall, Workington



Brassed off? Not us!

Sedbergh Town Youth Band, South Lakeland grant £4,000

It's 9.30am, yes 9.30am on a cold Saturday morning in Sedbergh and a group of children and young people are clamouring to get into the United Reformed Church Hall. They are all neatly dressed in maroon T-shirts and fleece jackets and laden down with giant black boxes.

This is the Sedbergh Town Youth Band. There are twenty five band members in all, ranging from the tender age of seven to sixteen years. They hail from Sedbergh and the surrounding villages of Natland, Tebay and Dent, and turn out each Saturday morning for their practice sessions. Each band member is given their own instrument and a free band uniform.

The Youth Band is an off-shoot of the main Sedbergh Town Band and adults from the band support the young people at practice sessions and concerts.

The children and young people obviously love playing. During the practice there is a constant excited chatter. What is so great about this band is that many of these young people joined the band not knowing how to read or play a single note of music, but in no time at all they have mastered complex brass instruments and make a great sound. Over forty young people have played with the band and already five of them have moved into the main Town Band.

Back in 2008 the group were given a grant of £4,000 from the Grassroots Grants programme to get started. A full range of brass instruments were bought with the money and by December 2008 they had played their first concert. They haven't looked back.



Tea, poems & laughter

Evergreen Club, Ambleside Parish Centre, South Lakeland grant £2,500.

With the words of Wordsworth and local poet Phyliss Carpenter ringing in my ears, bathed in sunlight, with a cup of tea in my hand and a gorgeous view out over the mountains surrounding Ambleside I was beginning to think life was pretty good! However I had work to do, I'd come to visit another of the groups who have received grant aid from the Grassroots Grant programme.

The Evergreen Club meets every Wednesday afternoon in the Ambleside Parish Centre. Open to anyone over the age of fifty five years the group regularly attracts over twenty people each week. The group bubbles with laughter and conversation and the club programme includes anything from cookery sessions, talks by local artists, singing sessions and trips out to local beauty spots. Wherever possible group members are involved in planning and presenting the week's events.

Today is the turn of Howard and Ron who have put together a delightful programme of poetry. This is the second poetry session the group has run and many of the members have requested famous poems, brought along poems written by friends or family members, or requested poetry from local poets.

I spoke to Marjorie who is 91 years old and has been a regular at Evergreen since it opened. She loves coming and has made many friends. Today Marjorie requested a poem called The Scarecrow written by fellow Evergreen Club member Phyliss Carpenter. 'It's such a lovely place to come and meet with friends' Marjorie said. 'I really look forward to my weekly visit'. Save a seat for me next week Marjorie, I'll be back.



The Fourth Emergency Service?

Mirehouse Community First Responders, Whitehaven, Copeland grant £500.

No not the AA. In Cumbria the fourth emergency service must be the Community First Responders. First Responders are just that. Supported and trained by the local Ambulance Service, they are called out to a range of local emergencies to support the Ambulance Service and provide emergency aid to people with heart problems, breathing difficulties, diabetes, strokes, fitting... the list goes on. They are a comforting face, a source of expertise, and company for many people caught up in a frightening situation whilst they wait for an ambulance to arrive.

By day a call centre operative, once his day shift is over Paul puts on his blue uniform, switches on his bleep and waits for the first call out. He and fellow team members can be on call from 30 hours a week. Some can put in as many as 70 hours a week. The team receive a minimum of four call outs a day. It's a huge task but each of the team members is dedicated. They enjoy the challenge and the fact that no two call outs are ever the same. But what is most important to all of the team members is the real difference they can make to someone's life at a difficult time.

There are over 900 volunteer responders in over 40 Community First Responder groups scattered throughout Cumbria. The Mirehouse team have been in operation for eight years and the current team have been working together for the past three years. Each team must fundraise to provide their kit and the all important bleeps they carry.

Foot & Mouth Disease 10 years on



In 2001 Chris Bonington launched the Cumbria Community Recovery Fund on behalf of Cumbria Community Foundation to help people affected by FMD. The Fund raised £2.14m.

The funding priorities were community 'rebuilding' projects, and direct support to individuals suffering financial hardship.

- £782,603 went to 313 groups
- £1,059,529 went to individual hardship grants
- £150,000 was allocated to support longer term projects.

The Fund provided a wide range of help. Most grants went direct to households, sometimes ensuring that food was on the table or other essentials bought. I remember meeting a family in Windermere who used their grant to pay for their children to travel to college in Kendal and Lancaster.

The impacts of FMD were extremely serious and pervaded the whole rural community, not just farming. Stress, financial worries, health, drug and alcohol problems and domestic violence were all exacerbated.

The appeal showed how important our network of local charities is. We invested in organisations such as Age Concern, Cumbria Alcohol and Drug Advisory Service, Cumbria Stress Information Network, Citizens Advice Bureau, the Centre for Complementary Care, Carlisle Community Law Centre and the Farm Benefits Information Service.

Grants were made to organisations that were unable to fundraise - keeping vital groups alive.

New organisations were born out of the crisis and supported by the

fund. These include the Federation of Cumbria Commoners, Cumbria Farmers Network and the Farm Crisis Network. Organisations such as Appleby Alliance were the forerunner for the Heart of Eden Development Trust which is now at the centre of the Big Society Vanguard in the upper Eden Valley.

The Appeal also showed how well loved Cumbria is and how generous people can be to help those in need.

Finally, in these days of austerity, we need to remember just how important our community organisations are, if we are to build on our already Big Society. The same society that came out of difficult times bruised but with a renewed vigour and hope.

Andy Beeforth

Flood Recovery: Future Resilience

At the end of March the Foundation had supported 1,268 homes and 114 groups distributing almost £2.64m from the Flood Recovery Funds.

After the storms of 2005, Trustees of the Foundation were left wishing that they could have done more to reduce the impact of future flooding. The success of the Appeal meant that they have.

In partnership with District Councils, the Foundation will have awarded grants to 235 households for flood

resistance and resilience measures and helped secure funding for a new major defence scheme in Cockermouth.

In addition the Foundation has offered 1,500 FREE Emergency bags. These contain essential items if people have to leave their homes or are trapped by flood waters. The bags are fluorescent orange and their contents were put together in consultation with Mountain Rescue volunteers. Contents include a wind-up radio, first aid kit and wind-up phone charger.



The Winter Warmth Fund

The Fund was launched in December 2010 to help the most vulnerable older people. It was started by a supporter who wished to donate their Winter Fuel Allowance, but anyone can give to the Fund.

Grants have been made to Age UK groups throughout the county and we hope to be able to raise more money to help older people ahead of winter 2011/12.



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Registered in England and Wales.

Registered Charity No 1075120.

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