IMPACT REPORT 2018
About Cumbria Community Foundation

Cumbria Community Foundation (CCF) is an independent charity that connects people who care with causes that matter.

CCF exists to tackle poverty and disadvantage and to strengthen Cumbria’s communities by inspiring philanthropic giving and by connecting people who give money with inspirational, life-changing projects.

Our fundholders and supporters benefit from our in-depth knowledge of Cumbrian communities and organisations that we have gained from 19 years of grant-making and investment in the county.

We have responded four times to emerging need in times of crisis by launching successful disaster appeals, most recently raising £10.3m in response to the flooding in December 2015.

We are one of Cumbria’s foremost grant makers with an annual grant distribution in excess of £2m and endowed assets in excess of £17m. Since 1999 we have awarded more than £41m in grant aid and currently have more than 90 grant making funds. We have funded over 3,800 organisations and 7,000 individuals.

An independent organisation, we have a board of trustees drawn from across the county, all of whom are highly respected from community life, businesses and the public sector.

Part of a global network of 1,400 community foundations, together we encourage philanthropy and strengthen the voluntary sectors and communities in the countries, regions and towns in which we operate. We are part of the fastest growing philanthropic movement in the UK with 46 member foundations and over £0.5 billion in assets and are independently accredited by the UK Community Foundations.

Winner of the Grantmaking and Funding Award: UK Charity Awards 2015 and shortlisted for the 2017 Awards, we gained national recognition for delivering Cumbria County Council’s £860k pa Neighbourhood Care Independence Programme.
Introduction

Welcome to the Foundation’s first ever Impact Report. Impact is the word we use to describe the positive benefits grant making has made to the people and communities we support.

The report has been created using a new Impact Assessment Tool introduced as part of our routine grant monitoring. The information is based on completed end of grant reports from funded groups and individuals supported in 2016/17 and includes case studies.

The Impact Assessment Tool was developed by UK Community Foundations, the national network of Community Foundations and is a framework for providing statistical evidence of the impact of grant making. The themes, outcomes and indicators of the framework enable us to capture the kind of change community groups and local charities are achieving.

Monitoring grant awards increases our understanding of the projects we support and helps improve our decision making. It also provides information for discussions with groups about their current and future activities.

We are now able to capture and demonstrate the value of the broad range of awards given out aligned to our priorities, as identified in the Cumbria Revealed document: https://www.cumbriafoundation.org/cumbria-revealed/

- Improving the lives of disadvantaged children and families.
- Improving the life skills, education, employability and enterprise of disadvantaged people
- Supporting vulnerable older people
- Improving the health and wellbeing of people
- Strengthening and supporting fragile communities
- Enabling people to access arts, sports, culture, heritage and the environment

We present a wide range of numbers* describing the value of the grants we make and in total the number of people who have been supported through our grant making is 119,348.

The full statistics on which this Impact Report is based are available on our website www.cumbriafoundation.org.

The creation of cost effective and appropriate grant monitoring systems is a challenge for all grant makers. We believe the new system works for us and the people and projects we fund. I would like to thank our grant recipients and the grants team at the Foundation for the hard that work that has been involved in collecting and collating the data and case studies. This report provides a new level of information to describe the impact and value of the awards made possible by our fundholders and supporters.

Andrew Beeforth OBE
Chief Executive, Cumbria Community Foundation

* Data excludes grants awarded from the Cumbria Flood Recovery Fund and applications not requiring a completed monitoring form
Improving the lives of disadvantaged children and families

Children and young people in the county deserve the best possible start in life and to benefit from the opportunities that living in Cumbria presents. This means that they grow up in loving and supportive families, have positive educational and social experiences, and go on to achieve their potential.

Cumbria’s youngsters benefit from living in one of the most beautiful parts of England, where there are cohesive communities with low crime rates. Despite this there are challenges. Cumbria’s population is ageing faster than most of England, and a high number of young people leave the county for education and work. Parts of Cumbria have also experienced long term economic decline and have high rates of child poverty.

Educational attainment can significantly affect future life chances. We want our grants to benefit and support the development and growth of young people and families and create positive, lasting change.

£362,666 awarded in grants

3,625 youngsters participated in community activities

3,802 children & young people accessed support services

£75,216 awarded to 105 young people to improve educational attainment

2,408 youngsters regularly attending social activities
Safety Net (UK)

Safety Net (UK) is providing true early intervention by sending specialist support workers and trauma therapists to work with children and young people at Whitehaven Academy. Specially trained therapists and support workers are providing targeted teacher training, pupil peer monitoring, 1:1 therapy and support, information and advice and drop-in advice plus signposting to appropriate agencies. The school was chosen for the pilot because of the high number of children who are involved with social services.

The charity received £50,000 from the Community Choices programme to deliver the in-school pilot project which offers holistic help, support and hope by working with young people to overcome trauma caused by domestic or sexual abuse.

In the first eight months of the project, it had seen 47 children struggling with a range of issues - from a difficult home life, feelings of low self-esteem, deliberately harming themselves, suffering from anxiety or being subjected to exploitation. Twice as many girls than boys have come forward for help.

After a dozen 1:1 sessions, a 14 year old girl who presented with low mood and was self-harming, has stopped deliberately hurting herself and discovered how to overcome her difficulties in expressing her feelings. She has started to look at places where she could volunteer as she now believes that this will help her confidence and self-esteem, improve her future prospects and give her a wider social circle as well as it being interesting and enjoyable to do.

Another teenager was referred because of concerns about her mental health. She was hearing voices. After an assessment and a discussion with her parents, she was referred to CAMHS (Child and Adolescent Mental Health Services). Owing to the wait between referral and treatment, Safety Net provided interim support with self-care and coping strategies until mental health services were able to give her the treatment and support she needed.

Safety Net’s Service Lead Julia Carver said: “This project would never have been piloted in a school without the funding. Nobody usually funds this work in schools. Whitehaven Academy really needed this project. The school hasn’t got money for its buildings - how would they find money for therapeutic intervention?”
Improving life skills, education, employability and enterprise of disadvantaged people

Studies show that meaningful employment underpins so much of what is valuable in life, enabling people to rise out of poverty and overcome the disadvantages they face. Support is needed to close the gap in educational attainment between children from disadvantaged backgrounds and their peers; foster a greater interest in learning among the county’s young people and support upskilling adults.

There are around 29,000 people currently claiming working age benefits in Cumbria. Although this is lower than the rest of England, this is not the case for those aged 18-29, with youth unemployment in some areas five times the national average. Cumbria Local Enterprise Partnership estimates that more than 80,000 jobs will need to be filled between now and 2021 but Cumbria faces a serious skills shortage in certain fields.

We want to increase educational attainment through funding projects that provide additional support and tackle the barriers to achievement in education or employment for particularly vulnerable groups.

10 new social enterprises were created

£482,515 awarded in grants

4,621 people attended training with 741 gaining accreditation

707 people gained skills or received support to become work-ready with 68 gaining employment

10 new social enterprises were created

109 new employment opportunities were available

19 people are no longer claiming unemployment related benefits

8,348 hours of education and training were provided

£482,515 awarded in grants
North Allerdale Development Trust

North Allerdale Development Trust’s Early Intervention Programme received £4,418 from the Joyce Wilkinson Trust and Fryer Grassroots Fund. It is a personal development programme for 12 to 16-year-olds who are at risk of exclusion or underachievement within formal education.

It currently engages with five secondary schools in Allerdale and works in partnership with another charity ‘Free 4 All’ which donates furniture for the project. The programme uses the concept of experiential learning through practical tasks and conversation, presently through an upcycling project with a media project starting in September 2018. The programme gives young people the time to discuss and explore their own opinions, choices and behaviours.

Nicola Bedlington, Project Leader, said: “Most of the kids who come here are at a fork in the road. The chair challenge, where we get them to restore and upcycle a broken chair, takes about three four-hour sessions. They can then keep the chair or sell it to help fund the project. The rest of the weeks are spent working as a team on a group piece.

14 year old Sam* goes to Nelson Thomlinson school. He was in internal exclusion at school for every lesson, being taught alone away from his peers for persistent backchat and bad behaviour. He had a reputation for being unteachable. The police knew his name and he was considered a tearaway. He explains how the Upcycle Project had turned his life around.

“My attitude to learning has improved and I have learnt other skills, like manufacturing and welding. Before, if I got told off, I’d backchat and end up in isolation.

“Upcycle is different. If you do something wrong, you don’t just get a punishment. They take you to one side, calm you down, talk to you, ask you if deserve a punishment and what it might be.

“The staff are great. They are really supportive, always here when you need them. At the start they were strangers, but within two sessions you felt like you had known them for months.

Eight weeks and one chair later, Sam is back full time with his classmates. He wants to be a mentor for other children on the project. “I want to be an engineer or a welder or a builder, I didn’t have a clue before. The things I’ve learnt wasn’t just fun, it’s given me life skills for future careers.”

* not his real name

An old chair can turn the life around of a troubled teenager.
Supporting vulnerable older people

Cumbria has an aging population. By 2029 more than half the population in parts of Cumbria will be over the age of 50. As people age, there can be sensory loss, the onset of dementia, (which is expected to rise in the county by 80% in the next 10 years), and a prevalence of loneliness, which can lead to clinical depression.

Old age is not in itself a form of disadvantage but, when accompanied by poverty, ill health and/or isolation, it gives rise to a distinct set of issues which need to be addressed to prevent further disadvantage or ill-health.

We want to improve the quality of life of older people by funding projects that target social isolation, improve health and wellbeing or financial difficulty.

1,772 people regularly attending social activities
4,250 people accessed support services for the first time
778 households received a Winter Warmth grant to keep warm and well in winter

£1,012,811 awarded in grants
963 people achieved independent living
Dignity in Dementia

There are around 7,000 people living with dementia in Cumbria which is expected to increase by 80% to more than 13,000 by 2030. Adopting a ‘live well with dementia approach’, Dignity in Dementia provides family carers with training to gain knowledge, confidence and skills to help their relative live well with dementia.

£8,000 from the Older People’s Fund and the Brian and Ann Clark fund paid for dementia awareness and support classes held in Windermere and Milnthorpe for two hours a week over five weeks. Family carers often feel frustrated, exhausted and emotionally worn out and need help to get on an even keel so that they can continue to provide care with love rather than with resentment.

Lesley Gill, Director Dignity in Dementia, said: “People are referred from a variety of sources including by the Memory Team based at Westmorland General Hospital or through South Lakeland Carers, Age UK or by their family doctor. Our course helps to support the carers of people with dementia from early stage to late stage. It teaches people how to communicate, to build trust and how to reduce challenging behaviour.

59-year-old Janice has her 88 year old mother living with her. Her mother and mother in law both have dementia.

“It’s a terrible thing to deal with, you wouldn’t wish it on anyone. It’s insidious. It creeps up on you. My mum thinks I am surplus to requirements. My mum has lived with us for 22 years, I felt I was starting to struggle with her and she didn’t believe anything was wrong. She could shout out the answers to a television programme but couldn’t make a piece of toast. It was my doctor that asked someone from South Lakeland Carers to come and see us, they then referred us on to Dignity in Dementia and I attended their Milnthorpe course.

“The course really helped. It was lovely to meet other people in a similar position. I do feel isolated. It has helped me understand the illness more and how to deal with mum. I have learnt to understand her and think about how she is likely to be feeling when she behaves in a certain way. Before I would argue with her, but I don’t any more. If I can see she’s starting to get anxious or angry I use the ‘I’m sorry’ technique that I learnt, and she generally calms down. I’ve also learnt not to worry about the things that don’t really matter, but to sort out the things that are dangerous.”
Improving the health and wellbeing of people

Poverty and income inequality are key drivers of poor health. Living in poverty is closely related to other factors that influence health such as education, living environment, employment and lifestyle, and there is evidence that childhood poverty leads to premature mortality and poor health in later life.

The Joint Strategic Needs Assessment (JSNA) for Cumbria highlights poor performing areas and inequalities across all ages. For example, the gap in life expectancy between the most and least deprived areas in Cumbria is 9.5 years for men and 7.3 years for women.

The rate of hospital admissions for substance misuse for 15 to 24-year olds is higher than the English average and hospital admissions for those under 18 related to alcohol is almost 70% higher.

One in four reception aged children are overweight and Cumbria has a significantly higher rate of suicide than England.

To address these issues, we want to support projects that tackle health inequality by enabling children to have the best start in life, helping adults lead healthy and fulfilling lives and older people to live independent and healthy lives.
Carlisle Mencap Limited

Carlisle MENCAP received £4,000 from Comic Relief and Joyce Wilkinson Trust to run a project which introduces its clients to exercise and helps to integrate them into mainstream sports facilities.

The project gives people with learning difficulties a chance to exercise and get fit in a supported environment. It started with playing football, then a snooker night at Portland Snooker Club. Then followed gym sessions in Carlisle Youth Zone before teaming up with Stephen Phillips, a gym instructor who provides inclusive CrossFit sessions at Border City Cross Fit in Denton Holme. There’s also tennis at the Chatsworth Tennis Club.

31-year-old Carl is enjoying his new-found fitness: “I go with people who have disabilities and make new friends. I have lots of friends now. It’s really nice. I feel more confident in myself than before. I’m getting really good at things, when I started I could only do five press ups and now I can do 20. I struggled to do sit ups at first and now I can do 15. We do circuits, six stations, six circuits with 45 seconds on each.”

Dan Campbell, Sports Development Officer, said: “Our clients come from a learning disability world that is small and without access to exercise. We’re taking them into the wider community and encouraging them to exercise like everyone else, making it easier for them to access mainstream places so it is sustainable for them. Our clients learn how to behave in certain places - that’s an important life skill that we teach people. We want to encourage more women to get active in sport, so we offer a more female friendly environment as well as setting up a ladies football team.”

Stuart Cowper, registered manager of Mencap’s Grace Little Centre, said: “We’re seeing a mental transformation as well a physical one. Our clients are more active, more outward. Our gym group is not just for Carlisle Mencap, we offer the sessions to all care providers - United Response, the Glenmore Trust, Carleton Clinic, Cumbria Care, Beaumont College. All our services are open to everyone. During its first year the project has brought 50 people into the gym.”
Strengthening and supporting fragile communities

Cumbria has an array of communities set in and alongside a varied and testing landscape. Traditionally communities have been built around industries such as agriculture, shipping, mining, steelmaking, power generation and nuclear energy. This has brought opportunity but also created isolation for some.

People living in Cumbria are passionate about the places they live and are often actively involved in making them better for future generations. Our communities are resilient and competent at meeting local needs. However, sometimes the challenges they face, such as struggling under increasing pressures, are more than can be taken on, and additional support is needed.

Supporting communities to develop and grow is a central focus for us and funding awarded tackles inequalities and gives people the opportunity to access vital services. We want our communities to feel safer, stronger and more inclusive by helping more people get involved and make a difference to the place they live.

- 49,423 people have used the new & improved facilities
- £316,654 awarded in grants
- 1,086 people reported feeling safer in their communities
- 14,315 hours of community activity provided
- 600 people using a community transport scheme for the first time
- 1,019 people regularly volunteering
Shap Community CIO

Shap is a rural isolated community with very limited transport links. Many residents have lived there all their lives on low incomes, while others may have retired there as house prices were comparatively low. A higher than average percentage of residents do not drive or own a car and are highly reliant on local services, shops and places to meet.

Shap Community CIO was formed when the county council handed over ownership of the Old Courthouse in 2015 to the community, after it had proposed closing the library and play group run from building.

Run by volunteers, many travelling from surrounding communities to help, the building is regularly used by the local playgroup and the health visitor clinic, as well as by groups offering crafts, music, poetry and a drop-in cuppa and chat afternoon. It is also a designated visitor information point. It received £5,500 from the Cumbria Fund, Holehird Trust and Ullswater Grassroots Fund to create a new reception and social area in the building.

Henry, 59, originally from Essex, has lived in Shap for 30 years. He suffers badly from depression. He goes to the drop-in group on a Friday for a chat and cake. He said: “I like going to the group as I get to meet people and have interesting conversations. I like the exhibitions; the volunteers have done a really good job. Being able to have somewhere to go makes me want to get out and about and I look forward to the next meeting– it’s better than Prozac! I try and get to the poetry group on the second Thursday on the month; it’s very inclusive.”

Janet Wood, Chair said: “Around 120 people use the building every week, ranging from 0 – 90 years old. Popular activities are ‘Cuppa and Company’ on Friday afternoons, a music drop-in jamming session on Sunday afternoons, and a monthly poetry group. The art draws people in to doing things they wouldn’t have done before and many of the older people have become quite art critics!”
Enabling people to access arts, sports, culture, heritage and the environment

We recognise the value of enabling people to access a wide range of activities in their communities and of supporting people to achieve excellence.

While not a key priority, we will continue to support fundholders’ wishes by funding groups and individuals under this theme, whether it be to achieve excellence in a field, improve the environment or provide access for marginalised groups.

10 community facilities installed
£269,015 awarded in grants
138 projects promoted arts and creativity
2 tonnes of waste diverted from landfill
363 people volunteered to maintain a local heritage site
1,366 people took part in arts activities for the first time

Jamie, studying at the English National Ballet School in London, award made for three years towards accommodation and living expenses.
Ragtag Arts

Ragtag Arts, based in Kendal, encourages local people of all ages and abilities to volunteer in the Community Scrap store. An ‘Aladdin’s Cave’ of materials and creative inspiration, it gives its volunteers the feeling of worth, purpose and belonging and achievement, while promoting the importance of recycling in the community. It now has well over 300 members from all walks of life using the store and benefiting from the workshops and resources.

Set up by Emily Jackson and her brother Josh Simpson, it received £5,680 from the Cumbria Fund and the Cumberland Building Society Charitable Foundation towards its first-year running costs.

Emily Jackson, Director, said: “Volunteers are at the heart of what we do, we provide purposeful roles for people: for those who are lonely, we chat, for those with no other job, we provide routine. We need our volunteers, so we can function.

“It horrifies us how much stuff goes to landfill, as creatives we can use the stuff that other people throw away. We need to change our mentality, not just recycling but re-using - a much better situation. Programmes like the Blue Planet are helping effect massive change, we’re only stocking biodegradable glitter and rethinking the way we do things.”

21 year old Lola* has an acquired brain injury. She can’t read or write, but she helps by cleaning the venue and moving stock from the van to the shelf. She said: “I do whatever needs doing. It’s amazing.”

Her support worker Eva has been working with her for 11 years. She said: “Ragtag Community Arts Store is a safe place to come. It’s difficult for adults with special needs to get meaningful work. It’s important that Lola is not just sitting at home. Coming here helps her to develop her social skills and follow a task - she struggles to concentrate and has a very short attention span. This place is so important for her development. Cumbria is behind in creating work opportunities for people with special needs. She needs a calm quiet environment, it is easy for her to feel overwhelmed. If she becomes stressed, she can go into a long period of depression. She needs people who understand and give her time, patience and kindness.”

* not her real name
Help make a difference

Since developing our Impact Assessment Framework we have been able to evidence effectively the value of local funding and demonstrate the impact of funding from individual fundholders, a single programme or multi programme funding.

This means we can communicate the real difference local grants and awards make to the communities on our doorstep. It means we can share our achievements with existing and new fundholders and work together to celebrate all the good work and tackle challenges now and in the future.

As a Community Foundation we manage a range of funds on behalf of a wide range of donors. If you want to make a difference in Cumbria, we are a great place to start.

Whether you are an individual, company, trust or local authority, we can provide the solution to your local charitable giving. We will help you make a lasting impact on the issues you care about across our communities.

Since we launched in 1999, thanks to the generosity, support and involvement of our fundholders, we have been able to award more than £41 million across the county, supporting thousands of groups and individuals tackling a range of community issues and concerns.

Please get in touch and find out more about how you can be part of the Foundation family.

Making a difference:
Home to Work

“We are so proud of what our clients and the project has achieved. Our team has formed relationships with local people, many of whom lacked confidence, were in poor physical and mental health, and had no opportunity to learn new skills, as well as employers who advertise vacancies with us.

Funding has meant we can help address clients’ issues by giving them the chance to gain structure and greater stability in their lives, obtain new skills and improved self-confidence.”

Nicola Greenough, Project Coordinator
Making a difference:
Fit 4 Life Cumbria

“We had a lady start in our new Health Club sessions following surgery to remove a tumour from her leg. Initially, she struggled even getting down the stairs to the gym and could not use the exercise equipment. Now she can do the Exercise Bike, Rowing Machine and Treadmill amongst other things and says it has changed her life as she can now get out and about and can do her every day tasks with no problems.”

Dougie Pomfret, Manager of Fit 4 Life Cumbria
Our funds

Thank you to all our fundholders who are working with us to create and grow funds at the Foundation and who are committed to making a difference in our county.

#iWill Fund
Abbeyfield Over 55 Community First Grants
Abbeyfield Society Community First Grants
Alston Moor Community Fund
Barrow in Furness Grassroots Grants
Beck Burn Windfarm Fund
Beeby Family Grants Fund
Bewcastle Valley Farmers Fund
Brian and Ann Clark Grants Fund
Broughton Moor Wind Farm
Carr’s Group Fund
Castle Green Grassroots Grants
CN Group Grants
Comic Relief
Crofton Trust
Cultural Fund
Cumberland and Westmorland Herald Fund
Cumberland Building Society Charitable Foundation
Cumberland Educational Foundation
Cumbria Fund
Cumbria Grassroots Grants
Cumbria Housing Partners
Cumbria Industries Charitable Trust
Cumbria Victims Charitable Trust
Cumbria Young People’s Fund
Cumbria Young People Grassroots Grants
Doosan Babcock Grassroots Grants
Dora Beeforth Memorial Fund
Dowker Bindloss
Edmond Castle Educational Trust
Elizabeth Fell Memorial Trust
English Lakes Hotels Trust Fund
Evening Hill Grassroots Grants
Fairfield Community Fund
Fryer Grassroots Grants
Gibb Charitable Trust
Gurney Charitable Trust
Hackney & Leigh
Hellrigg Windfarm Community Fund
herdyfund
High Pow Community Fund
High Sheriff’s Crimebeat Fund
Holehird Trust
Hunter Davies Fund
Janetta Topsy Laidlaw Fund
Johnson Fund
Joyce Wilkinson Trust
Kipling Fund for Older People
Kipling Fund for Younger People
Kirkby Moor Community Fund
Lamont Pridmore Grassroots Grants
Liddle Thomson Community First Fund
Live the Dream Fund
LLWR Grassroots Grants Fund
Mary Grave Trust
Moorhouse Grassroots Grants
Nuvia Fund
Older People’s Fund
Out of Eden Fund
Quarry Hill Grassroots Grants
Robin Rigg West Cumbria Fund
Roselands Trust
Rowan Community First Fund
Russell Armer Ltd
Shepley Group Grants
Solway Fund
Somervell Legacy Fund
Staff 10th Anniversary Fund Grants
Stobbarts Ltd Grassroots Grants
Strummer Calling Community First Fund
Swales Trust Grants
Tallentire Windfarm Fund
The Beverley Trust
The Border Fund
The Dulverton Trust
The Lawrence Fund
Lord Egremont Fund for West Cumbria
The Welcome Fund
Thomas Graham Grassroots Grants
Ullswater Trust Grassroots Grants
United Utilities Legacy Fund
Violet Laidlaw Trust
West Cumbria Grassroots Grants
Westmorland Arts Trust
Westmorland Family Grants Fund
William Milburn Grant Fund
Wing Cdr.H. Thompson &Rev. J. L. Green Grassroots Grants
Winscales Moor Community Benefit Fund
Winter Warmth Fund
Workington (Ashfield) Lawn Tennis Club Fund
“We were particularly attracted to Cumbria Community Foundation as a means of supporting local need in an efficient, well managed and focused way. We appreciate the benefits of them looking after all the paper work including investment management and project sourcing and monitoring, and welcome the donor advisory facility which encourages a continuing partnership of interest between CCF and donors, and which can hopefully continue through our family after our day.”

James and Eve Johnson, the Johnson Fund