

**GIVING
BACK
LOOKING
FORWARD**

“This book is dedicated to John Fryer-Spedding and the late Arthur Sanderson, founders in chief of Cumbria Community Foundation, and to British Nuclear Fuels and the local councils which backed its launch.”

“It has been created to celebrate the people and communities of Cumbria and the power of philanthropy to change lives. It marks the first 20 years of giving through the Foundation.”

ANDREW BEEFORTH OBE
CHIEF EXECUTIVE 1999-PRESENT

**GIVING BACK,
LOOKING FORWARD.**

CUMBRIA COMMUNITY FOUNDATION

England is changing at an increasingly rapid rate and old ways of life are threatened. New ways have to be found. Cumbria is responding to this with its characteristic mixture of grit, local loyalties and action. It is a unique and wonderful place. Its landscape and isolation from the rest of England have bred a self-reliance, which is essential at this time.

There is no doubt in my mind that local is now vital. The state can only reach so far. It neither knows how nor has the funds to make a difference to the many individuals and community groups so easy to overlook.

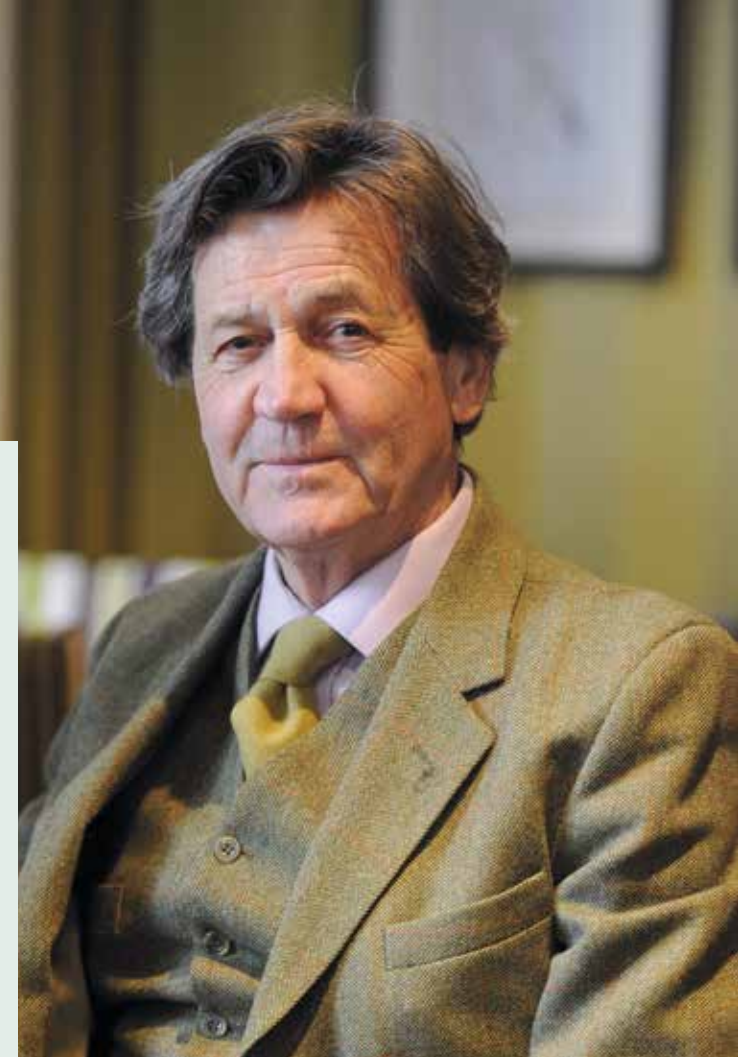
Cumbria has an immense resource in the Lake District. There are also the rich pasture lands of the Solway Plain and alas the abandoned industrial powerhouse of West Cumbria. Yet it holds itself together remarkably through sports – Cumberland & Westmorland Wrestling, Hound Trails, Fell Racing – and the now intensive entertainments and opportunities on offer in towns up and down the county.

Many people have a great love and affection for Cumbria. Cumbrians themselves are very proud to be Cumbrians. They have a long history of philanthropy. But we are in a complex world which needs to be consistently alert to what really matters to people who could too easily be neglected.

Wherever you look, the people of Cumbria are helping the people of Cumbria, and friends of Cumbria, far and wide, are sending in welcome and moving contributions. It's heart-warming, it's effective, and in my view it's the only way forward to keep our unique society together and to give people the life chances we all want them to have.

A few examples:

- Lillian Bowers is one of the team of volunteers working with Age UK in Egremont at the De Lucy Centre.
- Bus routes are being set up to replace the desert of public transport inside a county often difficult to navigate.
- The succession of recent floods, which would have devastated most communities, brought out the best in Cumbria and a determination that a place like Cockermouth, for instance, would not go under but would come back even stronger.
- Young children in Barrow are being instructed in digital media skills, which in this age will prove vital to them.
- Susan Aglionby opens up her farm as a place of refuge and recovery.
- There's help for those with dementia – 7,000 people in Cumbria have the illness and the numbers are soaring.



By Melvin Bragg

IN THE BEGINNING

By 1997 there were 22 fully operational community foundations across the UK. Two of these included Community Foundation for Tyne & Wear and Northumberland, and County Durham Community Foundation, both of which were excellent fundraisers and grantmakers.

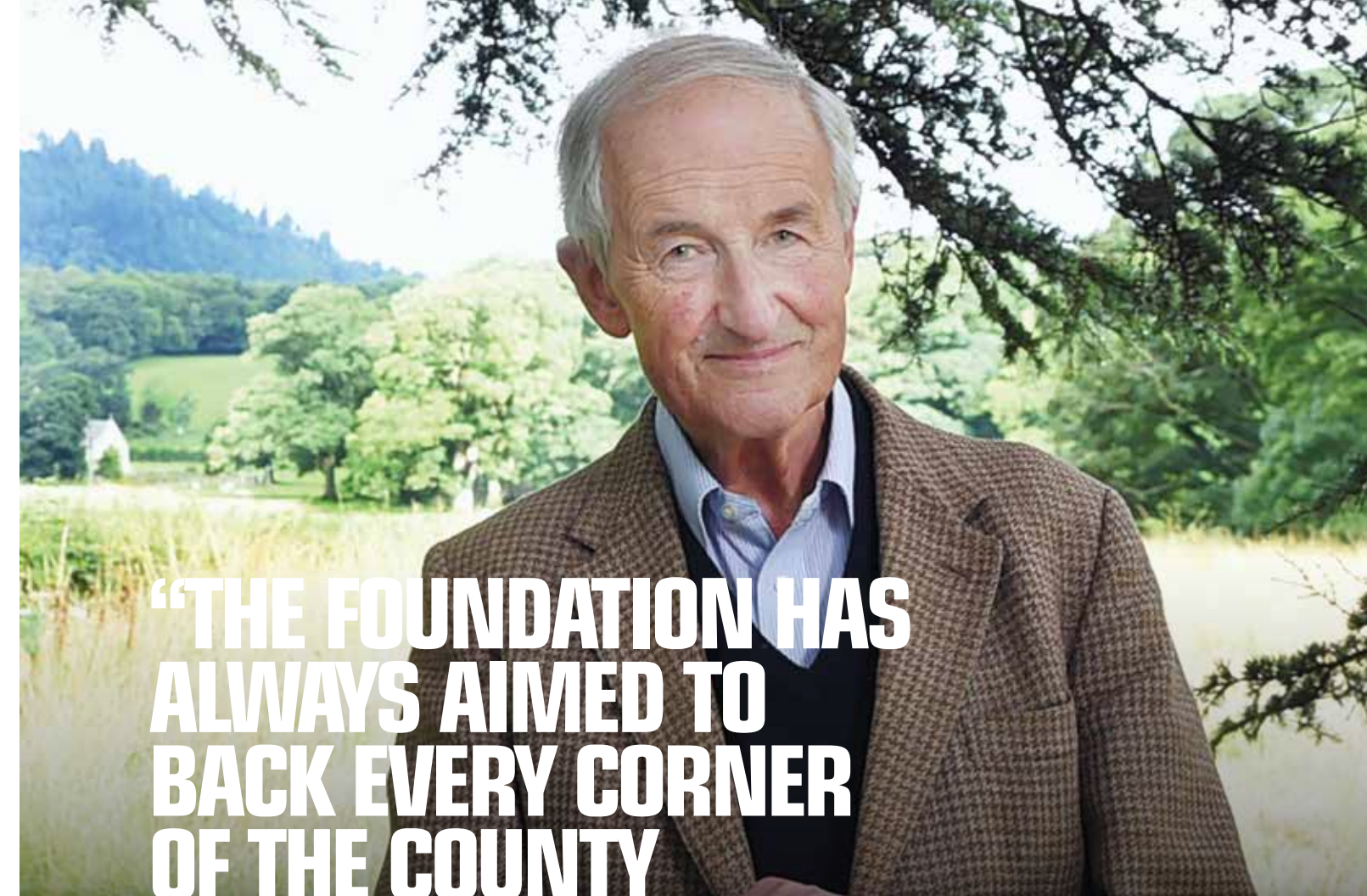
It meant community projects in Greenhead and Stanhope could obtain community foundation grants but not those in Alston or Brampton. This same year, I invited 20 people - from every part of the county and from diverse backgrounds - to serve on a steering group to assess the feasibility of a community foundation for Cumbria. All agreed willingly to serve.

We were inspired by the Queen's Christmas 1997 broadcast: 'I pray that we, the more fortunate ones, can unite to lend a helping hand wherever it is needed, and not "pass by on the other side".'

How were we to lend this 'helping hand'? We aimed to build a professionally

managed endowment fund of £3m within four years, to analyse the community needs of Cumbria, and to consult with our local authorities, voluntary bodies and other community foundations. Shortly put, it didn't go like that. It went much better! The devastation caused by foot and mouth disease, and three serious floods, led us into new territory. The appeals relating to these disasters were increasingly successful. But it would be wrong to think that the Foundation has prospered solely on the strength of disasters. The Foundation has always aimed to back every corner of the county and every type of eligible need. Through its excellent grant-making it has steadily built a growing number of supporters and fundholders.

We feel a long way from our starting line now. Thank you to all who carried on the baton. And all best wishes to the current and future staff and trustees.



“THE FOUNDATION HAS ALWAYS AIMED TO BACK EVERY CORNER OF THE COUNTY AND EVERY TYPE OF ELIGIBLE NEED.”

By John Fryer-Spedding

CONNECTING PEOPLE WHO CARE WITH CAUSES THAT MATTER

It is my great honour to be the Chairman of Cumbria Community Foundation. We have a simple but essential role. We address poverty and disadvantage in Cumbria by making life-changing grants to inspirational local projects and people.

There are some very real needs and issues in our communities that need addressing. They may be related to health or poverty, or to the challenges of growing up or growing old. Whatever and wherever they are, you can usually find a charity or community project that is working to help change the situation for the better. There are at least 6,000 such groups in Cumbria. The support we receive from our fundholders and supporters enables these groups to do what they do best – helping improve lives in Cumbria.

Since 1999 we have grown from being a fledgling organisation to one that is firmly at the heart of community life in the

county. Through our grant making and fundraising we have made significant contributions to the lives of some of the county's most disadvantaged people. In our first 20 years we have given out more than £42m to thousands of people and organisations. We have launched and managed four major disaster appeals and created more than 100 grant-making funds. We have built up endowed assets of £18m.

Giving through Cumbria Community Foundation changes lives for the better. Our funds support a range of causes throughout the county, helping people and groups to connect, collaborate and develop opportunities to create positive change. We have many examples of this throughout this book. Our grants support inspirational, often little known, but highly effective groups addressing inequalities and working

together to help create opportunities for those that most need help.

Looking back, I must pay tribute to the outstanding work of our staff, our trustees, our volunteer grant panel members and those unsung amazing people who run and support so many outstanding charitable causes across Cumbria. All this would not be possible without the generosity of our fundholders and supporters, for which we are all very grateful.

We have achieved a great deal in 20 years but there is much more we can and must do to help people in our county. This underpins our ambition to grow our endowment to £30m by 2022 and double our annual grant making to £2.8m.

Your philanthropy and support are more relevant than ever, and you can be involved at the level of your choosing. I invite every reader of this inspirational snapshot of our first two decades to consider how you can help us to make Cumbria a better place for those who need our help now, while investing in a brighter future for all.

By David Beeby



“I MUST PAY TRIBUTE TO THE OUTSTANDING WORK OF OUR STAFF, OUR TRUSTEES, OUR VOLUNTEER GRANT PANEL MEMBERS.”

A SONG FOR GIVING for Cumbria Community Foundation

Because of the flood, what it gave, what it took,
and for the rage of the river that swept through the town
and the rain that kept falling and washed away bridges,

for all of our mountains and valleys and beaches
and the community bus that connects village to village
for the foodbanks of Cumbria and the towns that don't have them,

and because of the girls who hear voices with no one to turn to
and the boy who's excluded with no one to run to,
because of the long jumper heading for the Olympics

and the children with trumpets and all the musicians
and because of the dancer leaving for London
because of the buildings converted to studios,

because of the people being helped by their neighbours,
because of the women waiting in houses
for the sound of his key in the lock.

Because of the women hiding their bruises,
because of the lifeboat and the rescue of strangers
because of the writers and artists and the feel of loneliness,

for men's sheds and youth groups, because of the homeless,
because of the men who leave prison with nothing,
because of the women who leave prison with nothing,

for a house they can stay in, for a place to feel safe in,
for starting anew, this is our place, our community,
what can we give, what can our giving do,
I'm asking myself but I'm talking to you.

Kim Moore

Millennium Stone by Derwentwater.

Picture by Stuart McGlennon





Helen Housby celebrates with the England netball team.

Picture by Getty Images

RAISING ASPIRATIONS OF YOUNG PEOPLE

When the young Helen Housby was travelling 700 miles a week from Cumbria for netball training in Manchester, can she really have dreamt that her love of the sport would lead to such a perfect moment of glory?

A sporting achievement that captured the public's imagination to such an extent that BBC viewers voted it their moment of 2018 - ahead of England in the World Cup and Tyson Fury's return to the boxing ring.

Could she really have imagined that the eyes of the world would be upon her in the last seconds of a Commonwealth Games final as she steadied herself to shoot for goal and secure the best result in England's netball history? The goal not only won gold at the expense of England's rivals Australia but has done wonders for the profile of the sport.


Helen, 23, from Drumleaning near Wigton, was helped by three grants from Cumbria Community Foundation in the earlier years of her netball career when travel and competition costs could have hindered her progress. "I'm really thankful for the journey I'm on and, while I'm now in Sydney most of the year, Cumbria will always be my home. I love where I'm from and I'm really proud to be part of Cumbrian sport. We've seen some really special things in the county over the last few years, and I'm really proud to be part of that," she said. Helen's success has inspired thousands of girls to take up

netball, many of them in Cumbria where sport is such an essential part of community life.

The support we gave Helen came from the Cumberland Educational Foundation which, through our management, is now worth almost £1m and has helped young people with academic studies, developing practical skills or pursuing sporting or artistic excellence. Through this and other funds, we have helped many young Cumbrians achieve their dreams, providing a little assistance for them to get past the hurdles in their way. We enable talented people to have access to sports, culture and the arts when otherwise they might be shut out financially.

We also support Cumbrian students to acquire skills they can bring back to help others in our county. Dr Tom Jamieson is a great example. The eldest of six children who grew up in Kendal, Tom has been helped with his long medical training which has taken him via Lancaster University into surgery. Along the way we provided funds for him to travel to New York and California to learn highly specialised techniques from some of the finest surgeons in the world. "I was very pleased to receive the grant as this experience gave me a skill-set that I can bring back to the UK and use to develop my own practice," he said.

Tom Jamieson was a medical student when he received a grant to study highly specialised surgery in Los Angeles.



“I LOVE WHERE I’M FROM AND I’M REALLY PROUD TO BE PART OF CUMBRIAN SPORT. WE’VE SEEN SOME REALLY SPECIAL THINGS IN THE COUNTY OVER THE LAST FEW YEARS.”
- HELEN HOUSBY



Lewis Charlton at Sellafield Ltd site
in West Cumbria

Picture by ©Sellafield Ltd

LIVING THE DREAM

As a boy from West Cumbria, Lewis Charlton is under no illusions about the difference the grants from Cumbria Community Foundation have made to setting him on the path to an acting career.

“It just made the whole thing possible. I don’t think I would have been able to go down to London without it,” he says.

“It was nice to know that there was someone in the community who cared about these things and wanted people like me to pursue their dreams.”

And it was appropriate that Lewis celebrated our support for his journey at Sellafield. Twenty years ago, a £1m donation from British Nuclear Fuels, former owner of Sellafield Ltd, helped establish Cumbria Community Foundation.

At the age of 11, Lewis enrolled at the Royal Ballet School. Five years later he studied photography, media and acting at the Arts Education School in Chiswick, London. His initial focus on dancing has now switched to acting after he required an operation in 2014 to correct a curvature of his spine caused by scoliosis.

“I don’t really know how I fell into [drama]. We were auditioning for schools to go to after the Royal Ballet and as a fallback, I auditioned for Arts Education because I wasn’t sure what was going to happen with my back. Then I found out I needed surgery and shortly after that I found out I’d got into Arts Ed so it worked out. I went there, started doing acting and I love it.”

Lewis’s aim now is to get on to a degree course at drama school then earn his acting stripes on the stage.

Now 20, he’s spent nearly half his life in the capital far from his Whitehaven home, a move that forced him to be independent, particularly when he started living on his own from the age of 16.

And, having received a total of £6,000 in various grants since 2009, he’s well aware of the influence the Foundation has had on the direction his life has taken.

“It’s brilliant. It’s such a good idea to help people like me who have something they want to do but it might not be accessible because of money or things like that.”

Jamie Reed, Head of Community Relations at Sellafield Ltd, said: “We have been a proud supporter of Cumbria Community Foundation since its inception. It was our former owner BNFL that made the original donation of £1m to launch the endowment fund in 1999.

“Since then, the Foundation has made an invaluable contribution to the social fabric of Cumbria, supporting the county through good times and bad.

“We look forward to supporting this very special organisation for many successful years to come.”



**“CCF HAS MADE AN
INVALUABLE CONTRIBUTION
TO THE SOCIAL FABRIC OF
CUMBRIA, SUPPORTING THE
COUNTY THROUGH GOOD
TIMES AND BAD.”
- JAMIE REED**

Ennerdale & Kinniside Primary School
received funding to compete in the
Lego engineering finals.

Picture by Newsquest Cumbria



Cumberland and Westmorland wrestlers “tek hod” at the start of a fresh bout, ready for the referee to say, “Wrestle!”

Picture by Tony Greenbank

TEACHING LIFE LESSONS THROUGH SPORT

It's a scene that could not be more Cumbrian - the imposing backdrop of the fells behind and in the foreground men in tights, arms locked around each other, intent on hauling their opponent to the ground.

The unique contest of Cumberland & Westmorland wrestling - “the minority sport to end all sports,” as one devotee of many decades calls it - can trace its origins back three centuries and endures to this day in many wrestling families and communities.

Cumberland’s peculiar variety of wrestling with its traditions and very particular style of outfits - tights, vests, coloured underpants - can seem eccentric to outsiders but it is taken deadly seriously by those men and women who keep the sport alive.

And the eyes of the wrestling world were on Penrith in April 2018 when the Cumberland and Westmorland Wrestling Association hosted the European Espoirs Championships for the first time in a decade with competitors aged 16 to 20 from England, Scotland, Northern France, northern Spain, Austria, Iceland and Hungary taking part.

The tournament highlighted the different techniques favoured on either side of the English Channel: the Cumbrian style is backhold - hands clasped with right arm under, left over, anything above the knee touches the ground and you lose - whereas in Brittany it’s Gouren - the wrestlers hold

on to each other’s jacket.

But all were united in the Breton wrestlers’ oath: “I swear to wrestle with entire loyalty; without treachery or brutality; for my honour and that of my country; in testimony of my sincerity; and to follow the custom of my ancestors; I present to my fellow my hand and my cheek.” Imagine a Premier League footballer making such a pledge.

We were pleased to be one of the organisations able to give grants to the Cumberland & Westmorland Wrestling Association to enable the event to take place. It was part of our long-standing support of sport, always part of the lifeblood of our county. Thousands of sports clubs provide activities to young and old alike, promoting camaraderie, life skills and varied physical and mental health benefits.

Some of the sports clubs we have supported include:

Workington Amateur Swimming Club; Workington Town Rugby League Community Development Foundation; Kendal Judo club; Millom mini rugby league; Barrow Members Squash Club; Lindal Moor Cricket Club; West Cumbria Netball Team; and Copeland Canoe Club.



“THE MINORITY SPORT TO END ALL SPORTS” A LONG-STANDING DEVOTEE OF CUMBRIAN WRESTLING

Millom Mini Rugby League received funding to replace the junior team kits and give each player a sense of belonging to the club.



Fresh Steps inter-generational scheme connected young people with traditional forms of arts and crafts.

Picture by CCF

CONNECTING GENERATIONS

If one substance could be said to bind Cumbrians, in all senses of the word, then that would surely be wool.

And the product that the county is world famous for proved to be a strong bond between the generations in a project we funded.

One of the most popular activities that children and older people in Ravenstonedale came together to enjoy was knitting.

Fresh Steps was an inter-generational scheme that ran for eight months in the tiny south Cumbrian village of Ravenstonedale in 2013, it was organised by Kendal-based charity Windows on Art following our grant.

“The activity that was the most popular theme for the young and the old people was wool,” says project manager Nikki Smith.

“They brought lambs in and they got their knitting out which is where that picture (previous page) was taken. It was older people teaching the children how to knit.”

Fresh Steps revolved around Chatty Tuesdays when children at the primary school met with grandparents, great-grandparents and older neighbours. Many of the older people who participated in the project did not have grandchildren living nearby and had missed the opportunity to meet with children locally.

Driven by the participants themselves, it was a way for the different generations to get to know each other better.

“Week by week we got more people coming along,” says Nikki. “We had a different theme every week. One time we talked about vintage fashions and we got someone in who brought vintage clothes, and everybody dressed up.

“They are very proud of the local farming industry round there. One grandad had a vintage tractor and he couldn’t get it into first gear so he drove it all the way to school in reverse just so the children could see it.”

Nikki has no doubt as to the importance of the Foundation’s contribution: “Because the Foundation supported us it meant that we could do something that lasted several months. It gave us long enough to build relationships and see results. It literally would not have happened without them.”

As for what everyone took away from Fresh Steps, she says: “The word that popped up was joy. It was shared joy, the joy of going for a little walk, and finding out that there was great company to be had whatever your age. You could have a great conversation between an 80- year-old and an eight-year-old. You often saw them deep in conversation about shared interests and you knew that if they saw each other again they’d give each other a wave and carry on chatting.”



“THE WORD THAT POPPED UP WAS JOY. IT WAS SHARED JOY, THE JOY OF GOING FOR A LITTLE WALK, AND FINDING OUT THAT THERE WAS GREAT COMPANY TO BE HAD WHATEVER YOUR AGE.”
- NIKKI SMITH

Children from Greengate Infant School celebrate after B&Q donate tools to the Barrow Four Groves community allotment.

Picture by Lindsey Dickings



300 pairs of slippers lined up on Surprise View overlooking Derwentwater to launch the Winter Warmth Appeal.

Picture by Rob Grange Photography

SAVING LIVES IN WINTER

At first glance, it might look like an art installation beside Derwentwater, but this photograph of 300 pairs of slippers speaks to a grim truth about life in Cumbria. Set against a beautiful Lake District backdrop, the slippers lined up alongside Surprise View represent the number of older people who will die of cold in a bad Cumbrian winter.

It's an emotive and shocking way to illustrate a problem we are probably all aware of. We used this photo in 2017 to launch that year's Winter Warmth Appeal and it stopped many people in their tracks.

It reminded people that we could not afford to become complacent about the numbers involved and forced us to think about what they mean. Each one of those older people matter - they are someone's mum or dad, gran or grandad, brother or sister, husband or wife.

The problem is exacerbated in Cumbria not just by our harsh winters, but by older homes that are harder to heat and areas that are without mains gas connections and so rely on costly fuels for warmth.

Thankfully, our Winter Warmth Appeal has raised more than £900,000 to help pensioners since it was launched back in 2010.

It was started when Myles Walker contacted us to say that he did not need his Winter Fuel Payment from the Government and wondered if there was a mechanism to pass it on to those who do - another great example of how the

generosity of ordinary Cumbrians can make a huge difference in our county.

And the annual Big Sleep fundraiser further boosts the appeal's funds when more than 100 people brave the freezing temperatures to camp beside Lake Windermere every winter.

The event is supported by local businesses and teams of volunteers who endure a night outdoors so others don't have to suffer in the cold at home. The Big Sleep raises around £20,000 each year and helps to boost the profile of the Winter Warmth Appeal.

The appeal supports more than a thousand people in Cumbria each winter, such as the 74-year-old West Cumbrian pensioner who revealed that his grant would mean he would no longer have to wear his overcoat in the house to keep warm.



"I LIVE ON MY OWN AND I ONLY PUT ONE RADIATOR ON BECAUSE I'M FRIGHTENED OF WHAT THE COSTS WILL BE IF I HEAT THE WHOLE HOUSE. I RECEIVED A GRANT LAST YEAR AND IT MADE A BIG DIFFERENCE. I THINK PEOPLE WHO DONATE TO THE APPEAL ARE MARVELLOUS."
- 69 YEAR OLD ISABEL FROM EGREMONT

CCF's CEO Andy Beeforth and Gary McKeating, Head of Community Relations at Sellafeld Ltd, take to a bed on Windermere to publicise The Big Sleep.

Picture by Stuart Holmes



Exploring old age, home and identity as part of Heron Corn Mill's year-long arts project, a Beautiful End.

Picture by Darren Andrews

SUPPORTING OLDER PEOPLE

Lillian Bowers is a local hero. A regular friendly face at the De Lucy Centre in Egremont, she's one of a team of volunteers working with Age UK to improve the health and wellbeing of older people in her area.

Lillian's speciality is making crafts and she can lead workshops too. She encourages people to come to the centre and get involved in activities that ensure they are meeting others, boosting their confidence and, most importantly, reducing the loneliness that can creep up on older people.

Age UK runs the De Lucy Centre, and through the years our funding has been supporting this vital group. Cumbria has a 'super ageing' population - in no other part of the country is the proportion of older people growing so fast.

Half of the 32,000 pensioners who live on their own in Cumbria live in villages and the countryside. We have funded hundreds of community associations and centres, agencies, action groups and social clubs that work to prevent or alleviate problems that can beset us as we grow older.

The past two decades have seen us work with agencies like Age UK on numerous initiatives, such as the annual Winter Warmth Appeal - created in the knowledge that each year around 300 older Cumbrians die because of the effects of cold weather.

Grants have been awarded to help sustain events and activities at various centres; the De Lucy, Ambleside's Evergreen Club, the Appleby Hub and Mirehouse Community Centre's Men in Sheds project, where men over 50 - a group more likely to be socially isolated than women of a similar age - meet up regularly and learn DIY skills in a warm and friendly atmosphere.

And we also target the sadly growing challenge of dementia. By 2018, 7,000 people in Cumbria were living with dementia and that figure is expected to reach 13,000 by 2030. Back in 2003, we began funding projects like Brampton Community Association's dementia awareness week, and we continue to support a range of organisations such as Dignity in Dementia, committed to offering dementia awareness and support to sufferers, their families and carers.



“I ENCOURAGE PEOPLE TO COME TO THE CENTRE AND GET INVOLVED IN ACTIVITIES.

THAT ENSURES THEY ARE MEETING OTHERS, BOOSTING THEIR CONFIDENCE AND, MOST IMPORTANTLY, REDUCING THE LONELINESS THAT CAN CREEP UP ON OLDER PEOPLE.” - LILLIAN BOWERS

The past two decades have seen us work with agencies like Age UK on numerous initiatives.

Picture by Newsquest Cumbria



All aboard the Friends of the 597 bus service between Windermere and Bowness.

Picture by Linda Bussey

GOING THE EXTRA MILE

Getting out and about in Cumbria can be a challenge - particularly for those who don't have access to a car.

In such a sparsely populated county, journey times to shops, health services and the like are well above the national average and with bus subsidies under constant pressure, it's easy for people to become isolated if they cannot drive themselves about.

It was heartening therefore when we were able to help a group of dedicated volunteers fighting to save a vital bus service, which was due to be axed.

Friends of the 597 is a community group, set up in 2015 to sustain the 597 bus route between Windermere and Bowness and to raise sufficient funds through grants, donations and fundraising activities.

Originally subsidised by Cumbria County Council, the increased cost of the service meant that the subsidy was withdrawn. Many elderly, vulnerable residents were left without crucial transport links to the town centre.

One of the group's founders, Allan Sykes, explained the importance of the service. "For some people, the bus is the only way they would be able to go into town. It is too far to walk, and those without family nearby to rely on for lifts can end up spending a fortune on taxis.

"Most significantly, it is a 'hail and ride' service, so it has scheduled stops, but you can also flag the bus down – and the driver also drops people off at their door and helps them carry in their shopping."

Susan Jackson, a regular passenger on the 597, said: "I've been using the bus for a few years and you get to meet a lot of familiar faces. For me it is a bit of a social occasion, but for some people it is an essential lifeline that they couldn't do without."

Spend a bit of time on the 597 as it makes its circular journeys on Tuesdays, Thursdays and Fridays and you will soon realise how much the passengers enjoy meeting up with other people en route.

The route visits key locations such as the library, the train station and supermarket. Windermere Health Centre has even started to schedule patients' appointments around the 597's timetable to save residents running up large taxi fares. It is a lifeline for a number of people that would otherwise be left stranded.

Allan added: "Loneliness is a big talking point at the moment, and without the bus route, there would be people who wouldn't leave the house." Increasingly, community-led solutions will be the first and only way of addressing the challenges we face.



“LONELINESS IS A BIG TALKING POINT AT THE MOMENT AND WITHOUT SUPPORT FOR BUS ROUTES, THERE WOULD BE PEOPLE WHO WOULDN'T LEAVE THE HOUSE.” - ALLAN SYKES

The Fellrunner bus service is launched in the Eden Valley in 2009.

Picture by Fred Wilson



Cumbria Community Foundation works to give opportunities to young people living in the Four Groves area of Barrow.

Picture by Newsquest Cumbria

FIGHTING POVERTY

For a teenager growing up in the Four Groves area of Barrow, life can be challenging. It's one of the most socially deprived parts of the country where many families struggle on low incomes. For young people, the path to secure, reasonably well-paid work is a difficult one.

It reminds us that although Cumbria is home to areas of obvious wealth and world-leading businesses, it also has pockets of deprivation that are comparable to some of the worst inner-city areas.

Our 2017 report, Cumbria Revealed: a County of Contrasts, highlighted this inequality and showed how families are living in poverty in parts of Barrow-in-Furness, the coast of West Cumbria and Carlisle. It is this deprivation which is at the heart of so many problems people experience in our county.

We've lent support to those areas by backing organisations such as the Four Groves Community Association. It set out on a mission to improve the lives of disadvantaged children and their families, challenging drug dealers, bringing neighbours together and showing people they can make a change.

Among the projects we helped fund was an innovative scheme that took their work a step further, developing their own corner shop and a training hub designed to help people in the area find their way out of poverty from the ground up.

The community corner shop offered lone parent families and homeless people low-cost produce, and it also served as a training resource for the association's youth project. Young people were able to learn customer service and organisational skills. "It was a tremendous success," said Pauline Charnley, the association's chair. "It gave young people the opportunity to work their way towards NVQs in retail and management."

We have also been active on numerous fronts to help Barrow communities build their resilience and make a brighter future for themselves.

These included the Pitstop Project, a social enterprise that offered a link between education and unemployment for young people who struggled in the normal school environment. And we helped the Barrow Dads group run a healthy eating and cooking course that attracted 45 dads and 85 children.

Young people leave a positive lasting impression using graffiti art in often ignored places in the community, as part of a project run by The Colourful North.

Picture by Tom Kay



"OUR COMMUNITY SHOP NOT ONLY PROVIDES A TRAINING HUB FOR PEOPLE TO LEARN NEW SKILLS, IT OFFERS LOW COST PRODUCE, HELPING FAMILIES SAVE FOR OTHER THINGS THEY MAY NEED, FOR EXAMPLE, IF THEIR ELECTRICITY OR GAS HAS RUN OUT."
- PAULINE CHARNLEY

Organisations alleviating poverty and its causes are at the top of our priorities and we're also proud to support the Rock Youth Project in Carlisle, which was set up in response to youth disorder and now provides activities for 300 youngsters three nights a week in areas known for low employment and high crime.



Carlisle residents on Milbourne Street help each other stay warm during the 2015 floods.

Picture by Phil Rigby

RESPONDING TO THE CUMBRIA FLOODS

Cumbria had seen floods before, in 2005 and 2009 but nothing like this. Lives were lost, thousands of homes wrecked, and businesses destroyed.

But Storm Desmond in 2015 took things to a new level. It plunged communities and families who had suffered in the previous flooding back into crisis. Such was the deluge that landslides blocked key roads and rail routes. Bridges of metal and stone were swept away, cutting off villages and towns.

In all, more than 5,500 homes and 1,000 businesses were flooded; thousands of people were left homeless. For some, it was the third or fourth time they had seen their homes devastated by flood water in a decade.

There was always one thing stronger than the flood waters - the spirit of Cumbria which again showed our county at its most resilient and compassionate best in a time of extreme need.

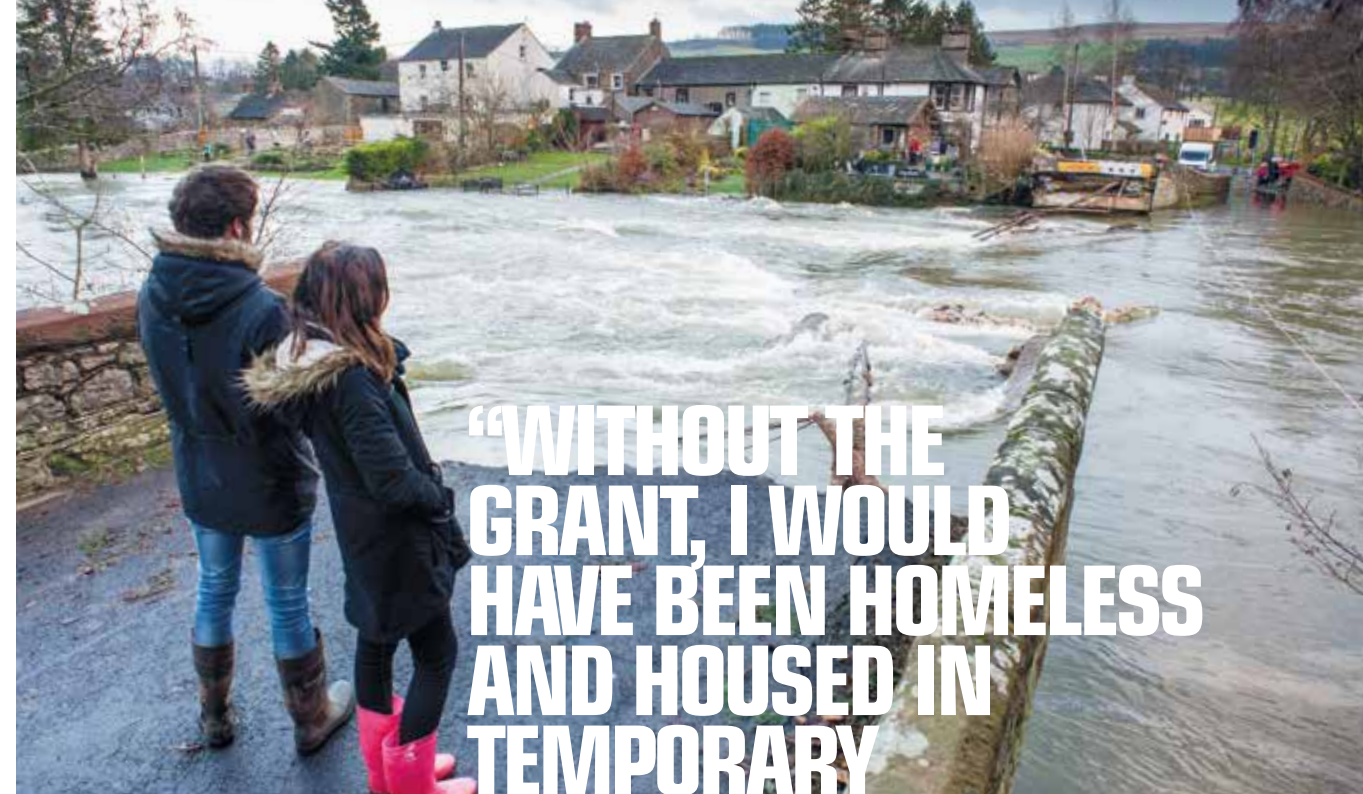
It was a spirit that drove people together to do anything they could to help those flooded out of their homes. Volunteers appeared from every direction to donate food, clothes and other essentials, and others gave their time to help start the clean-up operation.

Their example and the thousands of pictures and videos circulating on social media inspired people further afield to offer their help. Supermarkets provided

food, faith groups visited Cumbria with donations, and ordinary people just filled up their cars with shopping and drove halfway up the country to give it to Cumbrians in need.

We launched the Cumbria Flood Recovery Appeal before the rains of Storm Desmond had even stopped: this tells its own story about the extraordinary outpouring of generosity which did so much to help the county recover from the worst flood in living memory.

Within days, the appeal had surged past its original target of £1m and went on to distribute almost £10m (thanks to match funding from the Government) with more than £7.2m given to flooded families and a further £2.6m to community groups.



“WITHOUT THE GRANT, I WOULD HAVE BEEN HOMELESS AND HOUSED IN TEMPORARY ACCOMMODATION UNSUITABLE FOR MY DISABILITY FOR MONTHS. CUMBRIA COMMUNITY FOUNDATION MADE ME FEEL HUMAN.”
2015 FLOOD VICTIM

Washed away: remains of the road bridge over the River Eamont at Pooley Bridge.

Picture by Phil Rigby

The appeal helped people with practical, financial and emotional support, and it also helped residents and communities to develop resilience schemes which will assist future flood defence and recovery. Three years on from Storm Desmond many people are still suffering from stress and anxiety about the

prospect of flooding in the future.

The appeal was audited to evaluate its impact and statistics were produced to show how it had supported residents, community groups and businesses in their hour of need.

One comment made to the researchers captures the importance of the appeal: “Without the grant, I would have been homeless and housed in temporary accommodation unsuitable for my disability for months. Cumbria Community Foundation made me feel human.”



Annalee Holliday of Cumbria Community Foundation chats to Keith Watson at his flooded home.

Picture by Tom Kay, Newsquest Cumbria

TURNING LIVES AROUND

December 4, 2015, and outdoor instructor Keith Watson, then 33, was in his wheelchair at home in Keswick as Storm Desmond swept into Cumbria. Terrifyingly, he could see that the town was flooding and water would soon begin rushing into his flat.

The disaster turned his life upside down.

Keith had been here before - twice. In both 2005 and 2009 his flat had flooded, but devastating as those episodes were, the waters had risen nowhere near as high, nor so quickly, as the situation he was faced with now.

Keith had to be rescued. He phoned for assistance, quickly grabbed what he could and stuffed it into a rucksack balanced on his knees before being helped from his home. Everything else that he owned was lost. If he had remained, he would almost certainly have drowned.

A month later Keith received a grant from our Flood Recovery Fund to help him put his life back together. Keith's grant marked a milestone for the disaster appeal - it meant that £1m had been paid out in just four weeks since Storm Desmond had devastated the county.

The swiftness of our response was critical. Keith was one of more than 3,000 households awarded flood relief grants. By the time he received his grant half of the money paid out had gone to people who, like him, did not have insurance to fall back on.

"I am really grateful to Cumbria Community Foundation," Keith said at the time. "I lost all of my furniture and almost all of my belongings. I got out with just a change of clothes and my phone. It is difficult being in a wheelchair."

Six months after the floods Keith was able to move back in to his refurbished flat, with enough money to buy the essentials he needed. And some new clothes.

Emergency teams evacuate residents from a Carlisle home

Picture by Paula Thanner



**"I LOST ALL OF MY FURNITURE
AND ALMOST ALL OF MY
BELONGINGS. I GOT OUT WITH
JUST A CHANGE OF CLOTHES
AND MY PHONE. IT IS DIFFICULT
BEING IN A WHEELCHAIR."
- FLOOD VICTIM
KEITH WATSON**



12 year old Ben Jasper working on a live action puppet film, as part of the 'not without me' project, run by Signal Film & Media.

Picture by Signal Film & Media

HELPING YOUNGSTERS BE THE BEST THEY CAN

A ground-breaking project has helped give Barrow children an insight into the world of TV and film.

Signal Film & Media provides a unique resource for young people to access free facilities in film and creative digital media, providing positive activities for children who don't always get these kinds of opportunities.

Since 2001, thousands of young people have been able to get hands-on experience and learn from industry professionals.

Kerry Kolbe set up the award-winning charity after growing up in an isolated rural part of Ulverston where she struggled to find her own way into film-making. Now this project provides mentoring schemes that support the development of emerging local talent.

Kerry said: "Growing up in Ulverston, I never considered being a writer as a viable career option: it wasn't something my teachers knew about.

"I feel passionately about sharing my skills and learning with people who lack clear routes to working in the creative sector. I will continue to mentor and support young people, particularly young women who lack the confidence to pursue film and are still dramatically under-represented in the field."

We fund many projects in areas where child poverty can have long-lasting effects. There are strong links between child poverty and low educational attainment, and taking part can lift children's eyes to new horizons.

Carlisle Youth Zone is another project we are proud to support, offering a helping hand and safe space for youngsters to find their feet. It has excellent sports facilities, art projects and all kinds of activities for young people, some of whom are in foster care or having difficulties at school.

Jack joined the Carlisle Youth Zone after he became involved in anti-social behaviour and was referred by his Youth Offending Officer.

Over the following months, youth workers helped Jack build his confidence. After he attended a work experience day at an engineering company, despite his lack of education and criminal record, he was offered a fully paid traineeship. This offer was a direct result of the support he received from the Youth Zone.



"I FEEL PASSIONATELY ABOUT SHARING MY SKILLS AND LEARNING WITH PEOPLE WHO LACK CLEAR ROUTES TO WORKING IN THE CREATIVE SECTOR..."
- KERRY KOLBE, SIGNAL FILM & MEDIA

Children at Carlisle Youth Zone with a Stagecoach bus, which has helped to promote the service.

Picture by Newsquest Cumbria



Dancing at the Culture Bazaar.

Picture by Newsquest Cumbria

CELEBRATING DIVERSITY

At the Carlisle Culture Bazaar, flags from around the world were on show to welcome hundreds of people who came to celebrate a range of cultures during a day-long festival. Visitors enjoyed 40 multi-cultural performances, workshops and demonstrations including Egyptian belly dancing, ceilidh dancing, Tai Chi, and Thai and Syrian cookery.

Such events are all the more important in Cumbria which is one of the least diverse counties in the UK, a challenge for some of our children in a multi-ethnic world. Culture Bazaar's founder, Saj Ghafoor, arrived in Carlisle at the age of seven as a member of only the second Pakistani family to have made their home in the city.

After organising Eid events to bring together the Muslim community in Cumbria, Saj realised there were lots of people keen to learn about different cultures and ethnicities throughout the region, but they had no way of getting together.

"There was a terrible loneliness for some of the people who came to this city," Saj says, "and a lot of misunderstanding. I thought we can go on like this or we can put out a hand. When we did, we found it was welcomed; the Culture Bazaar has given everyone a lot more understanding of who they live among. And more than that, it's brilliant fun."

Each culture is invited to bring their food, dance, music, art, or whichever activity transcends language, to be celebrated at the festival. "It allowed us to appreciate each other without having to speak a certain language," she says.

Her positive contributions to the community resulted in an eventful 2018 - as well as an invitation to meet the Queen, Saj also won the Unsung Hero accolade at The Cumberland News Community Heroes Awards.

We're proud to have helped events like the Culture Bazaar and the Carlisle Unity Festival, organised by AWAZ Cumbria to promote understanding and help bring communities together. In a similar fashion, we have been able to provide funds to support the Cumbria Pride events, providing a way to celebrate the LGBTQ community in our county as well as promoting diversity and freedom of expression. Our 'Welcome Fund' also provides a mechanism for people to donate money to support refugees who have made Cumbria their new home.

Cumbria Pride march in Carlisle.

Picture by Newsquest Cumbria



"I THOUGHT WE CAN GO ON LIKE THIS OR WE CAN PUT OUT A HAND. WHEN WE DID, WE FOUND IT WAS WELCOMED: THE CULTURE BAZAAR HAS GIVEN EVERYONE A LOT MORE UNDERSTANDING OF WHO THEY LIVE AMONG."
- SAJ GHAFUOR



Cumbria Gateway outreach breakfast for homeless people at St Aidan's church hall, Carlisle.

Picture by Phil Rigby

REBUILDING LIVES

There seems to be no future.

It doesn't matter how it all began, all that matters now is that you've lost control. Drugs or alcohol, maybe both, have a hold on your life. Everything is chaotic, you may even be homeless, there appears to be no way out...

For some Cumbrians, many of them young and vulnerable, that depressing picture is their life. But there are ways out. For us, organisations like Carlisle's Cumbria Gateway are a beacon of hope. It offers a range of services including a unique take on helping people tackle drug and alcohol abuse and their causes in a wonderfully supportive environment.

We have channelled grant awards to Cumbria Gateway to provide services led by former alcoholics and drug addicts.

One project has been the Breakfast Club, provided for vulnerable and homeless people. It offers food and a clothes bank and is run by the Gateway's volunteer 'recovery champions' who have lived through addiction and can now welcome, inspire and motivate. One Breakfast Clubber said: "If it wasn't for this, I would be dead."

Helping vulnerable people find a secure way back into society has always been a priority for us at the Foundation. In our earliest years, a £6,000 grant was awarded to Cumbria Alcohol and Drug Advisory Service (CADAS) - a charity committed to reducing harm from drug and alcohol abuse while helping sufferers turn their lives around - to recruit and train more volunteers. In 2018, CADAS received £24,000 to employ a volunteer co-

ordinator in West Cumbria for two years.

Calderwood House in Egremont is an 11-bedroom hostel opened by the charity Time to Change to tackle homelessness and subsequent unemployment in the area, particularly among ex-servicemen and women.

Many of the residents, who share cooking and cleaning and undertake work experience and training, have struggled with drug and alcohol abuse, homelessness and mental health issues. A grant in 2017 allowed Time to Change to buy a mobile coffee van, and now the residents are offered barista and sales training and employment to sell their unique blend of coffee from it, with any surplus reinvested into Calderwood House.

The Well in Barrow-In-Furness is another charity led by David Higham and people with lived experience of drug and alcohol abuse. They are creating communities of former addicts who together are supporting each other.

We believe in giving a hand up, not a hand-out. Our grants build the confidence and abilities of local people, helping them help themselves.



**“WE ARE CREATING A
MOVEMENT OF RECOVERY
IN BARROW-IN-FURNESS,
WHICH IS EXACTLY WHAT
THE TOWN NEEDS.”
- DAVE HIGHAM**

The Well provides support, accommodation and social activities for individuals and families affected by drug and alcohol addiction.

Picture by Paul Currie



Young people enjoy grooming one of the horses at Susan's Farm.

Picture by David Hollins

DEVELOPING CONFIDENCE AND CLEARING MINDS

It's another open day at Susan's Farm near Carlisle. The horses, cattle and sheep are happily being patted and stroked by visitors from schools and community groups. It's all great fun.

But for Susan Aglionby it's also a serious business. For decades this inspirational Cumbrian farmer has been running her land at Houghton as an agricultural education centre. Schoolchildren and social clubs are regular guests and learn a lot on their trip to the farm. But the heart of the matter for Susan is the hands-on education in land-based work offered to vulnerable adults, which can change their lives.

Many of those who arrive at the farm for formal work placements are challenged by mental illness and learning difficulties. The farm offers skills training and support to achieve formal qualifications.

We are proud to share Susan's goals. Improving life skills, education, employability and enterprise for disadvantaged people, and improving health and wellbeing, are all priorities for the Foundation which is why we've been a firm supporter of her project with a number of grants over the years.

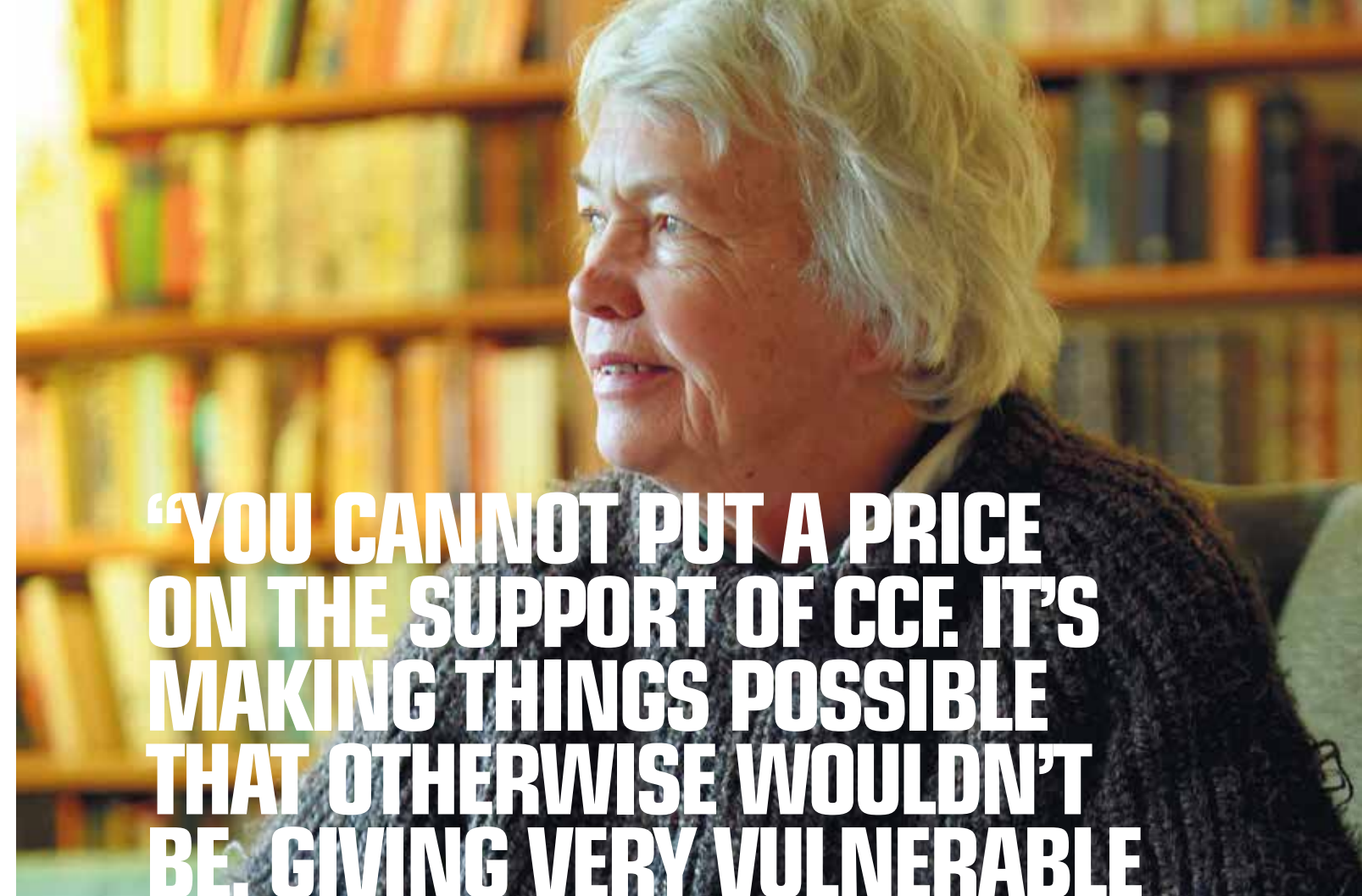
"CCF has supported us wonderfully," Susan said. "You cannot put a price on it. It's making things possible that otherwise wouldn't be, giving very vulnerable people confidence, self-esteem, skills."

We have supported a range of Cumbrian projects with similar goals. Growing Well is an organic market garden in the South Lakes giving people with mental health difficulties the chance to volunteer and improve their health growing fruit and vegetables, rebuilding their sense of purpose and hope.

Similarly, we have supported Learning Fields, a Community Interest Company, near Appleby, offering educational and environmental opportunities for people who would normally struggle to access such facilities, due to vulnerabilities caused by poorer mental and/or physical health.

Susan Aglionby

Picture by Paula Thanner



**“YOU CANNOT PUT A PRICE
ON THE SUPPORT OF CCF. IT’S
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- SUSAN AGLIONBY**



Daniel March and Amy Anderson from Shankhill School have a go at wheelchair basketball.

Picture by Paula Thanner

ABILITY, NOT DISABILITY

Basketball is Nat Pattinson's passion. He's so good at it he played for Great Britain. But when he's not training or competing, you'll often find him visiting Cumbrian schools to show pupils what it's like to be a top-class athlete who plays his sport in a wheelchair.

Not surprisingly the schoolchildren relish whizzing round in his sleek chairs, but it's Nat's hope that they will remember the day he came to coach them as more than a bit of fun. He wants to use his sport to help raise their awareness of disability.

Nat is part of the Cumbria Wheelchair Sports Club, which we have supported since his mother and grandfather set it up. The pair got to work after doctors told Nat - who was just 12 - that he would be in a wheelchair for the rest of his life.

The club gives people access to sport regardless of their disadvantages, helping them to improve their health and wellbeing and overcome social exclusion.

The Foundation shares the club's priorities, and over the years has awarded the club more than £37,000. It now has hundreds of members and offers wheelchair tennis, football, boccia and ice curling as well as basketball. Nat himself received a grant to help his own personal development.

Our support for people whose disability might make them feel excluded from mainstream social and leisure activities is steadfast, and there are many examples. Among them is the grant awarded to the LifeAbility project at Walney Community Centre, which offered young people workshops in cooking, transportation, budgeting and emotional resilience before helping them go out into the community as volunteers.

We have also helped Kendal's Bendrigg Trust, a specialist outdoor centre for disabled and disadvantaged people, with its Arty Pants project. It gives disabled youngsters the chance to experience the arts and develop creative skills. Sight Advice South Lakes and Cumbria Deaf Association have both also received support to employ staff to organise activities and events.

Nat Pattison (on the floor) and the Cumbria Wheelchair Sports Club gives people access to sport regardless of their disadvantages.

Picture by Mark McGrady



“IT’S MY HOPE THAT PUPILS WILL REMEMBER THE DAY I CAME TO COACH THEM AS MORE THAN A BIT OF FUN. I WANT TO USE MY SPORT TO HELP RAISE THEIR AWARENESS OF DISABILITY.”
- NAT PATTINSON



Taking part in a workshop with Cumbria Theatre Trust can brighten up the lives of dementia sufferers, their carers and families.

Picture by Tom Kay

UNLOCKING POTENTIAL THROUGH ARTS

Artistic and creative projects have a big part to play in improving lives. They can raise a smile or bring an issue to life. For those taking part, finding a way to express yourself - whatever your age, ability or health needs - can be empowering.

We always listen closely to an idea that can widen access to the arts, especially when it's for people who might lack the confidence or means to get involved by themselves.

When Cumbria Theatre Trust unveiled a plan to stage arts sessions at Keswick's Theatre by the Lake for people living with dementia, it fitted the bill. The weekly sessions, called Setting the Scene, promised to make a significant difference to people with dementia, their carers and families.

So it proved. The Trust was awarded a grant, specialist session leaders were engaged, and a mixed menu of storytelling, music, song, dance and games began. There's no stress; the activities are simple and fun with plenty of time for conversation, a cup of tea, sharing, connecting and enjoying.

Supporting disadvantaged communities is one of our key priorities, and arts activities often unlock a greater quality of life for Cumbrians. So we were pleased to help Prism Arts with its Studio Theatre programme in West Cumbria for young people aged 13 to 25 with disabilities

and additional learning needs, fuelling confidence and independence. We've also been able to support many of the artistic groups around the county who do so much to bring people together and enrich community life. We've boosted the wardrobe stocks at Egremont's Starstruck Youth Theatre, for example, and provided funds to help everything from the Cumbria Rural Choirs' annual grand concert to the Kendal Yarns Festival of New Plays which explored people's experiences in the 2015 floods.

And sometimes, if individual artists ask for a little support to be able to realise their dream, we have been able to help. We were there when 14-year-old pianist and percussionist Sam Nicholls needed help to get to the Junior Royal Northern College of Music in Manchester for classes every weekend. And a small grant meant young actor Jassy Earl of Haverigg could afford to perform at the Edinburgh Festival.



“THE CREATIVE SESSIONS ARE DESIGNED TO HELP PEOPLE CONNECT AND SHARE EXPERIENCES, TO CELEBRATE INDIVIDUALITY AND TO HAVE FUN, WHILE PROVIDING A THERAPEUTIC BENEFIT FOR THOSE LIVING WITH DEMENTIA AND THEIR CARERS.”
- THEATRE BY THE LAKE

Theatre by the Lake's Relaxed Performance of The Secret Garden, Christmas 2017

Picture by Steven Barber



Livestock pyres became an all too familiar sight during the foot and mouth crisis in 2001.

Picture by Press Association

WHEN FOOT AND MOUTH DISEASE STOPPED CUMBRIA IN ITS TRACKS

The year is 2001 and in the distance is a dispiriting sight, a plume of thick, reeking smoke rising into the air. It was a scene which became tragically familiar to so many Cumbrians in the desperate days of the foot and mouth outbreak.

The horrors of that year are still fresh in the memory of those who endured it. As the crisis deepened, it stopped Cumbria in its tracks. Almost 3,000 farms were affected by the disease. More than one million animals were culled, their bodies burned on gruesome pyres or buried in mass graves.

It brought both the farming and tourism industries to their knees and many wondered how they could weather such a crisis.

Back then, Cumbria Community Foundation was not long born. Foot and mouth was to be the first major test of our ability to swiftly mobilise and fulfil our purpose in the face of an ongoing crisis.

The Foundation quickly created the Cumbria Community Recovery Appeal to assist the people and communities affected by the outbreak. Its target was to help co-ordinate charitable and voluntary sector funding, raise £1.2m, and start delivering hardship grants as soon as it could.

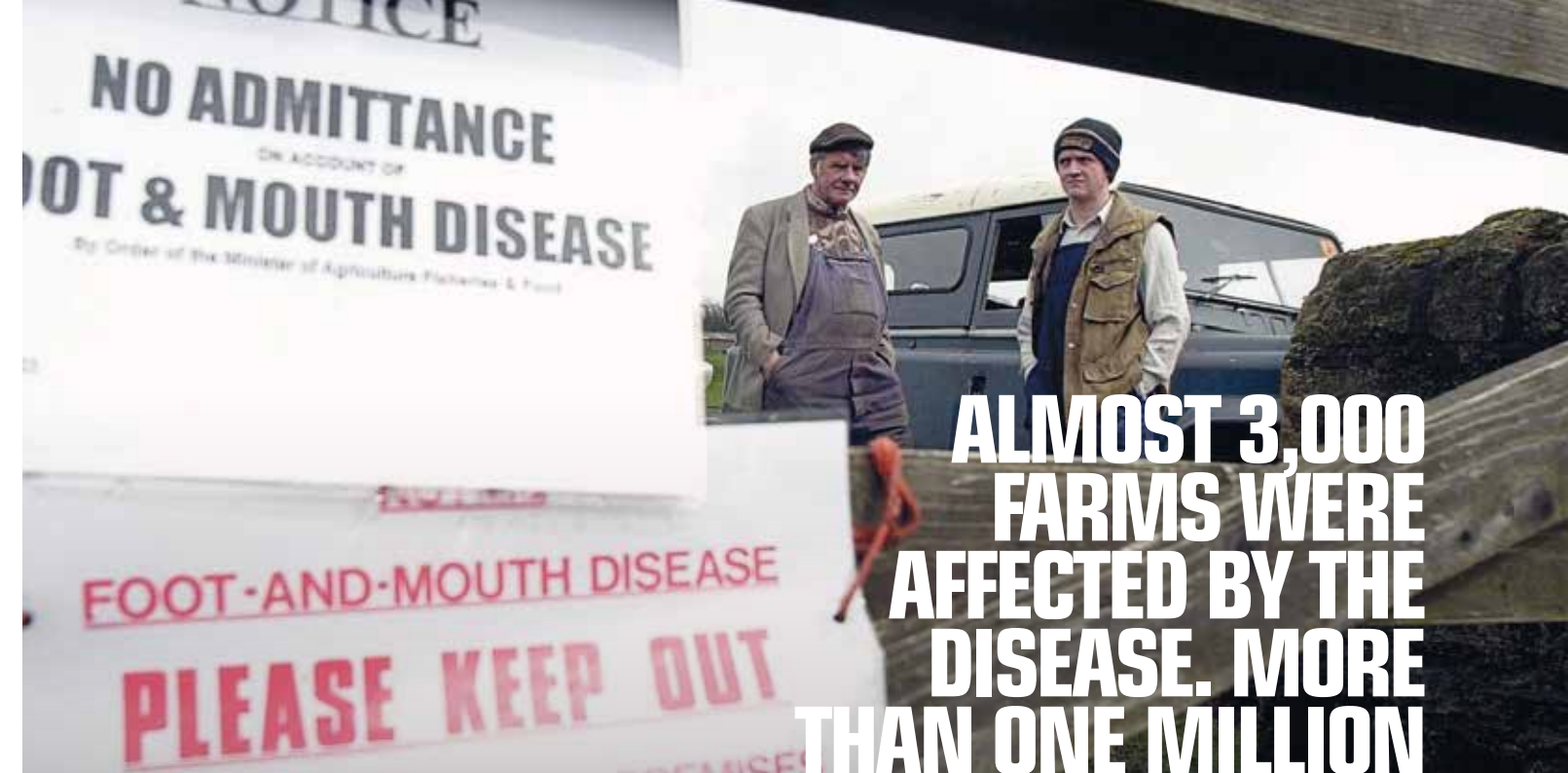
The appeal distributed more than £2m. And quickly: the first case of foot and mouth was detected in late February and the first grants were made in early April. There were to be 1,077 such grants to individuals and families affected either directly or indirectly.

More than 300 community groups received vital funding to support those living in badly-shaken rural areas and help communities to recover. Another £150,000 of funding seeded the £1m plus Strengthening Rural Communities Fund.

The list of initiatives the Recovery Appeal made possible was long. Cumbria Family Support was granted £10,500 to hire a part-time development worker to co-ordinate assistance for families in rural communities.

Citizens Advice Carlisle and Eden, deluged with requests for information and advice, received a £20,000 grant, and the funding helped staff and volunteers put on additional sessions of financial and debt advice and hire two key new staff.

Imaginative projects, from Age UK Carlisle & Eden's 'trip or treat' scheme to Eden Arts' artists' residencies with local schools affected by the crisis, were awarded grants. All had one purpose - promoting community involvement and offering hope to replace despair.



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OR BURIED IN
MASS GRAVES.**

Farms were on lockdown and farmers lost all of their animals to mass culling to stop the spread of the disease.

Picture by Newsquest Cumbria



Trainee vet Simon Boothroyd working at the University of Nottingham.

Picture by Sue Hartley

NURTURING TALENT

Simon Boothroyd is well on his way to qualifying as a vet thanks to years of hard work - and a helping hand from Cumbrian author and fundholder Hunter Davies.

Simon, 21, is studying at the University of Nottingham where he has been making use of its farm which is used for the veterinary science course. Not only does it have more than 1,100 acres of land, it also produces over two million litres of milk a year.

Something of a home from home for Cumbrian lad Simon who studied at Carlisle's Trinity School where he was delighted to receive a boost from the Hunter Davies Fund before embarking on his university studies.

He was nominated for the award by his headteacher after excelling academically and becoming head boy at the school - achievements which were all the more commendable considering Simon's personal circumstances. Both his parents died when he was young, and he was taken into foster care.

The grant Simon received was to help with the costs of starting college such as fees, books and equipment, and for Hunter Davies it brought to mind the help he received at the same age before going to Durham University.

Mr Davies said: "I like the idea of helping someone the way I was unexpectedly helped. In 1954, the Minister of the Church my family attended in Carlisle knocked at the front door of our council house - and I hid, never really liking him or his church. But he had come to give me £10 - thanks to a gift from a member of the church to be given to someone in the congregation

who had got into a university. It mattered hugely to me as we had so little money and my father had been disabled almost all my life. I was so surprised, thrilled and grateful."

Now the Hunter Davies Fund that we administer continues to provide financial assistance to students starting university, showing how even relatively small-scale philanthropy can provide a huge boost to individuals such as Simon.

Simon, who also received funding from the Edmond Castle Educational Trust and the Cumbria Young People's Fund, said: "Receiving the bursary helped me feel more at ease entering my first year of university. My biggest worry was how I could afford all of the fees and extras."

Now in the fourth of his five-year course, Simon added: "It was a shock getting so much money. I think we applied for one grant and then they got back to us and said actually you can apply for three grants. It was really helpful being able to buy my tablet."

And his home county is ultimately set to benefit from his newly acquired skills once he graduates. "My plan is to come back to Cumbria in a year, go into mixed practice working with small animals and large animals, and then



**"I LIKE THE IDEA OF
HELPING SOMEONE
THE WAY I WAS
UNEXPECTEDLY
HELPED."
- HUNTER DAVIES**

see what happens," he said. "I'd quite like to go to Australia for a bit but not to live there, to go on a working holiday like a lot of vets do. But I'll definitely come back to Cumbria."

Cumbrian author Hunter Davies.

Picture by Phil Rigby



Herdwicks on show at the annual Wasdale Head Show and Shepherd's Meet.

Picture by Phil Rigby

SUSTAINING RURAL COMMUNITIES

Wasdale Head, a scattered agricultural hamlet in the Lake District, is the home of the highest mountain, the deepest lake and the smallest church in England.

And for more than 100 years it's also been the place where farmers gather for the annual Wasdale Head Show. Its ongoing popularity is still a testament to the resilience of rural life in Cumbria.

Cumbria’s farmers - and hill farmers in particular - have had to endure so much in recent years alongside all the pressures of ensuring their families can continue to find a living in challenging markets.

Extreme winters, floods, food scares, the foot and mouth crisis and the knock-on effects of the Chernobyl crisis - they have stood tall through them all.

Remoteness, poor internet access, high house prices and limited job opportunities make a ‘living countryside’ increasingly difficult. But our villages are home to energetic and committed people who bring forward projects to tackle these problems.

Throughout our 20 years we have been proactively supporting farmers and rural communities in times of need. In 2018, during the ‘Beast from the East’ snowstorm, we were able to set up a hardship fund, with support from the herdyfund.

Village halls, community shops and youth organisations are all important grant recipients. They connect people in our communities and are vital when their services are lost.

Our funding has helped The Farmer Network provide vouchers to spend on training courses such as trailer handling, pesticide use, artificial insemination, sheep shearing, and foot trimming.

The isolated parish of Bewcastle - three miles from the Scottish border - has also benefited from the successful Bewcastle Fund, which has supported the community in its numerous projects, providing a travel bursary for local young farmers to attend Newton Rigg agricultural college, and a subsidised chemical spraying course to help farmers in precision-spraying techniques. The Bewcastle Committee sourced a suitable tutor to run the course and was able to offer the training to farmers at a discounted rate.

And many aspects of rural life in Cumbria have benefited from our funding; beginners’ computer classes have been held in villages such as Walton, where the village hall received new laptops and printers for the public to use free of charge.



“OUR REGION’S COUNTRYSIDE AND HERITAGE IS ADMIRERD WORLDWIDE BUT FELL FARMERS AND RURAL COMMUNITIES CAN SOMETIMES BE ‘UNSEEN’. OUR PLANS FOR THE HERDYFUND DON’T JUST INCLUDE PROVIDING FUNDING FOR DEALING WITH TOUGH SITUATIONS, WE’RE WORKING ON IDEAS THAT GO BEYOND.”
SPENCER HANNAH
OF HERDY CO-FOUNDER

Through our work with the Swales Trust we are able to provide bursaries towards the cost of land-based qualifications, to purchase study materials, specialist equipment or towards travel costs.

Another beneficiary was mum-of-two Carol Douglas, from Sedbergh in South Lakeland, who received support towards the cost of a woodland ecology course, helping her professional development within the forestry industry.

Bay Search and Rescue help deliver supplies to residents in remote areas when the ‘Beast from the East’ hit Cumbria.

Picture by Newsquest Cumbria



Young volunteers get a lesson in pond wildlife at Watchtree Nature Reserve.

Picture by Watchtree Nature Reserve

#thankyouCCF

More than 50,000 people benefit each year from projects at Watchtree Nature Reserve, an organisation we've helped fund over the past decade.

This wildlife haven, between Carlisle and Wigton, was previously an RAF airfield, but became internationally known during 2001 as a burial site for farm livestock slaughtered during the foot and mouth outbreak. Following an overwhelming call from the local community to use the land for community benefit, it has become a nature reserve. It has now been enjoyed by families for more than 15 years, offering woodland trails, cycling, and activities for all ages and abilities.

The appeal of Watchtree is captured in this lovely photo on the previous page, which manager Ryan Dobson sent in response to our social media campaign. Using the hashtag #thankyouCCF, we wanted Cumbrians to submit pictures to be included as the 20th picture in this book. We received dozens from every corner of the county including ones on this page from Killington Sailing Association, Lake District Mobility and Rebike.

But it was this picture selected by Ryan of mini conservationists learning all about pond life, and the work that goes on at the reserve, that takes its place alongside the other 19 photographs chosen to celebrate our 20th anniversary.

Watchtree runs numerous projects such as bicycles that are adapted for disabled riders and an adult KMX trike, funded by Cumbria Community Foundation.

Manager Ryan says: "Our objectives are all centred around disability, but it is a great place for all the family to come and enjoy. Cycling is one of the main reasons people visit, and the Foundation was one of the organisations that helped fund our workshop so that we can service and repair the bikes that we have here. It gave us the space and tools to be able to maintain the fleet we have."

Most recently, we funded a composting toilet on the site.

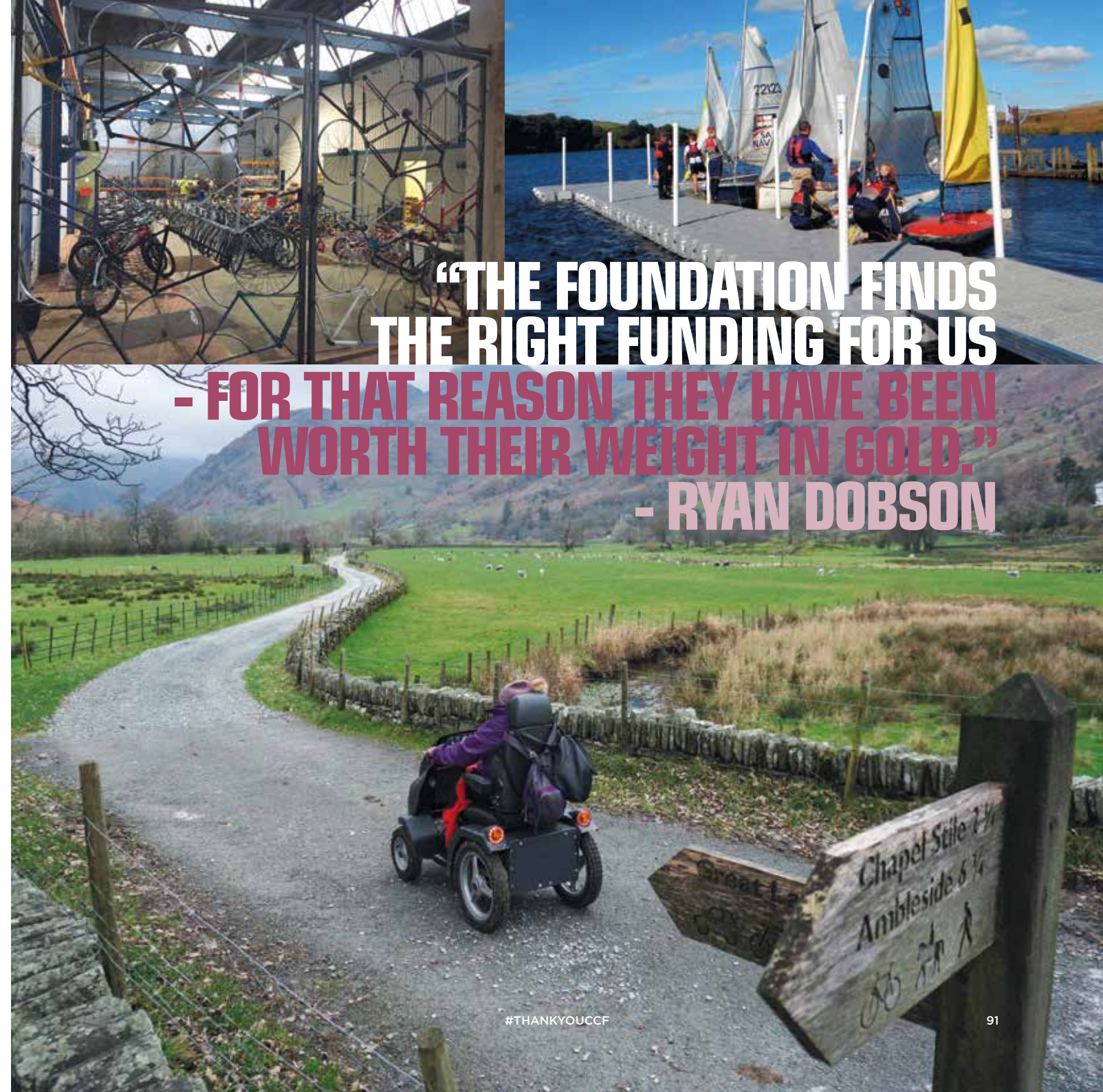
"It may not be one of the more visually appealing projects," says Ryan, "but it is something that we really, really needed on site and that we are very grateful for."

The 205-acre site is managed by both staff members and volunteers, and often the funding is used to pay for the materials and tools that the volunteers require for their work.

Ryan continues: "Our staff aren't reliant on grant funding, but any new project we do is grant funded – that works well for us.

"We aim to do everything that we do under our own steam and be as sustainable as possible, but Cumbria Community Foundation has been wonderful. It has benefited me hugely for the fact that we can draw on its expertise and advice when it comes to funding projects.

"If we explain what we are doing and broadly what we'll need, the Foundation acts as a middle man to find the right funding for us. For that reason, they have been worth their weight in gold."



**"THE FOUNDATION FINDS
THE RIGHT FUNDING FOR US**

**- FOR THAT REASON THEY HAVE BEEN
WORTH THEIR WEIGHT IN GOLD."
- RYAN DOBSON**

Peter Scott

Image provided by the
Francis C Scott Charitable Trust



Helena Thompson

Image provided by the
Helena Thompson Museum



Sir Nicholas Sekers

Image provided by the
Rosehill Theatre



HOW CUMBRIAN PHILANTHROPY HAS EVOLVED

As we celebrate 20 years of philanthropic giving, we wanted to share stories of past Cumbrian philanthropists, recognise the philanthropic tradition and to inspire future generations. One of the earliest discovered records of using one's own good fortune to enhance the lives of others appears in the will, written in 1542, of the wealthy Penrith gentleman, John Hoton. His bequest made sure some of the town's poor people had at least one good dinner a year to look forward to.

Other philanthropists may be better remembered, but the aim has always been the same, giving for the love of humanity.

In the 17th century, William Robinson, perhaps Penrith's best-known philanthropist, made his fortune after going to London to join the coffee trade, and used part of it to found a girls' school in his hometown. It's now the Penrith & Eden Museum and Tourist Information Centre.

The legendary Lady Anne Clifford's charitable works around the same time are well documented. The almshouses she established in Appleby still remain, testament to the idea that philanthropy is something which leaves a legacy.

The concerns and beliefs that fire people's desire to support good causes are wide and varied. Mr Hoton and Lady Anne sought to alleviate poverty, Mr Robinson's interest was in using education to better the lives of young women. The passion that the Scottish-American industrialist Andrew Carnegie had for improving lives through learning resulted in Kendal's Carnegie library and what is now Workington's Carnegie Theatre and Arts Centre.

In more modern times Cumbria has benefited from the work of Peter Scott and his sister Dr Joan Trevelyan, who set up the Francis C Scott Charitable Trust. Their father Francis created the Brathay Trust at Ambleside in 1946 to provide

outdoor courses for disadvantaged boys, and Peter's own considerable philanthropic work was instrumental in the development of Kendal's Abbot Hall Gallery and the Brewery Arts Centre.

We still enjoy the bequest of Helena Thompson, whose home became Workington's Helena Thompson Museum, and, abiding by her wishes, a community venue serving the town.

Whitehaven's Rosehill Theatre was the creation of Sir Nicholas Sekers, and since 1980, the Sir John Fisher Foundation has existed to support charitable causes, especially those in the Barrow-in-Furness region.

Today, in a world that appears to grow more pitiless, cold and unequal every year, it can be tempting to wonder if the spirit of philanthropy is a concept too often left behind in a bygone age of sympathetic aristocrats and enlightened industrialists.

But thankfully it's not true. Philanthropy endures. The impulse to care, the desire to promote and nurture the welfare of others, and to do so in a steady, practical, effective way, remains strong, and nowhere more so than in Cumbria.

Lady Anne Clifford

Image ©Skipton Castle

We know this because of the years of work the Foundation has done with individuals, families and organisations in the county - people who have approached us wanting to help solve the many difficult issues affecting our community now and into the future.

Like us, they want to alleviate disadvantage and poverty, believing in the importance of finding ways to strengthen our communities and recognise the value of improving everyone's health and wellbeing. Their ambition is to make the greatest difference possible for causes that reflect their values and concerns. Our role is to make sure they achieve their aims.

There are some 6,000 charities and voluntary groups operating in Cumbria, and many of their projects and services, sometimes their very existence, depend on the support of the funds we manage. The Foundation's expertise makes the creation of a grant-making fund straightforward and cost-effective. Our knowledge of creating long-term capital funds enhances their legacy.

Anyone can be a philanthropist and to date more than 50,000 people have given through the Foundation.



**TOGETHER WE
ARE BUILDING A
NEW GENERATION
OF MODERN
PHILANTHROPISTS**

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