ANNUAL REVIEW 2019

GIVING BACK

LOOKING FORWARD

About Cumbria Community Foundation

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

The Foundation 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.

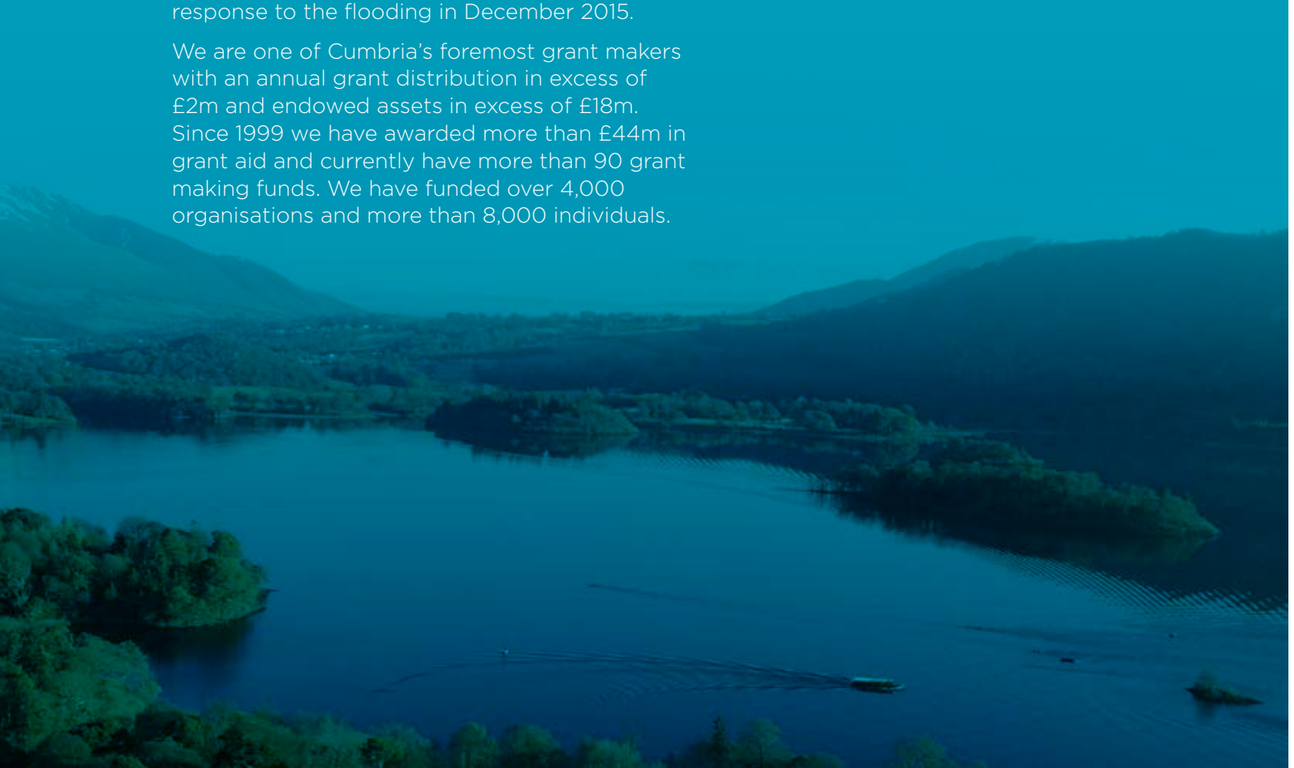
Our fundholders and supporters benefit from our in-depth knowledge of Cumbrian communities and organisations that we have gained from 20 years of grant making and investment in the county.

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 £18m. Since 1999 we have awarded more than £44m in grant aid and currently have more than 90 grant making funds. We have funded over 4,000 organisations and more than 8,000 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.

We are independently accredited by the UK Community Foundations, the fastest growing philanthropic movement in the UK with 46 member foundations and over £0.5 billion in assets. 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.



COVER IMAGE: Lake District Mobility provides specialist all-terrain vehicles, known as trampers, to those with limited mobility so that they can access the countryside with their families and friends. A grant of £15,000 contributed towards staff costs.

CUMBRIA COMMUNITY FOUNDATION ANNUAL REVIEW 2019

1999

Founding donation of **£1 million** from BNFL and the support of all seven local authorities within the county.

2000

First grant awarded to Steps Grief Support.

The first corporate fund, the Cumbrian Newspapers Group, donated **£100,000**.

2001

Launch of Cumbria Community Recovery Fund in response to the devastating effects of Foot & Mouth Disease. **£2.1 million** was raised.

2002

Winners of the prestigious **'Fundraising Campaign of the Year'.**

Harrison and Hetherington signed up as the first corporate member.

2003

Allerdale Youth Bank launched.

Young people designed and ran their own grant programme.

81 awards were made totalling £32,000 for a range of activities.

2004

Began making travel bursary awards for **young people** in West Cumbria on behalf of the **Mary Grave Trust**.

2005

Cumbria Flood Recovery Fund raised **£850,000**, helped 475 households and gave grants to 26 projects.

Winner of the **'Fundraising Campaign of the Year'** in the UK Charity Times Awards.

2006

A donation of shares from an anonymous donor established the **Environment Fund** aimed at raising awareness of the effects of climate change and addressing environmental issues.

2007

The Foundation hosted an **International Conference on Disaster Response** for Community Foundations wishing to respond to disasters in their communities.

2008

The new management consortium, Nuclear Management Partners, at Sellafield, chose the Foundation to host a major new **£3 million** NMP Community Fund for West Cumbria.

2009

10 YEARS

Raised £3.1 million for the Cumbria Flood Recovery Fund Appeal to assist individuals and communities affected by the flooding.

Staff 10th Anniversary Fund was launched to support smaller Cumbrian projects.

Trustees, staff, supporters and friends celebrated the Foundation's 10th Anniversary together at a special event hosted by founder John Fryer-Spedding at the Foundation's birthplace, Mirehouse.

2010

Over **10,000** grants awarded to date throughout the county.

The Winter Warmth Appeal was established to support vulnerable, older Cumbrians.

2011

Formal recognition given in this year to our President James Cropper, who was knighted.

Deb Muscat, Grants Development Officer, was made **Cumbria Woman of the Year** having led the Foundation's successful 2009 flood appeal.

The first Jennings River Ride Cycle Sportive was held.

2012

The endowment capital increased by **£1 million** during the year, **£200,000** of which was through the Community First match funding programme creating eight new grant giving funds.

2013

Long-term funds reached over **£10 million.**

NMP Community Fund has awarded **£2 million** to communities in West Cumbria.

2014

£1 million pa **Neighbourhood Care Independence Programme was** launched, to support predominantly older people across the county.

2015

Cumbria Flood Recovery Appeal raised **£10.3 million.**

Winner of the Grant Making and Funding category of the UK Charity Awards.

2016

More than **£30 million** in grants awarded to date throughout the county.

60 active grant-making funds on behalf of local companies, families, individuals,trusts and public bodies.

2017

Sellafield Ltd: Community Choices Campaign invested over £500,000 in 19 charities and community groups.

Cumbria Revealed Report was published.

2018

Storm Emma Relief Fund distributed more than **£30,000** to over 80 rural households.

The first Impact Report was published.

2019

20 YEARS

We hosted a reception in Keswick for the Duke & Duchess of Cambridge, introducing them to 50 community representatives from across the county as part of our 20th anniversary celebrations.

West Cumbria Opportunities & Challenges was published. Businesses looking to invest in the area can use the report and focus their activities to make the greatest social impact.

CELEBRATING 20 YEARS OF CUMBRIA COMMUNITY FOUNDATION

Chairman's Statement

2019 has been an important year for us, celebrating the achievements of our first twenty years and sharing the stories of the people and projects we've funded. £44m given out in grants and over 4,000 groups and 8,000 individuals supported from a standing start is remarkable. The countless positive stories inspire us to continue to grow philanthropy in Cumbria. In order to expand our grant giving we are in the second year of an ambitious five-year business plan with targets to double the Foundation's long-term funds under management from £15m to £30m and to double our base grant making from £1.4m to £2.8m.

"It is a great privilege to chair an organisation that has responsibility for directing the charitable gifts of so many kind and generous people."

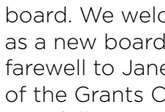
During the year we received our first £1m donation from an individual fundholder and saw the creation of six new grant making funds. Targets for meeting potential donors in the year were exceeded and additions to long-term funds stood at £2.77m. The year's largest corporate donor was United Utilities, which created the Legacy Fund in West Cumbria. United Utilities have been a great partner and have enabled us to make grants that will have a lasting benefit in and around West Cumbria for many years to come.

With the support of Sellafield Ltd, we published 'West Cumbria, Opportunities and Challenges' which sets out some stark figures about health, education and low incomes in the area alongside opportunities for economic growth. We look forward to working with Sellafield Ltd and its supply chain in addressing these issues.

Worryingly, we are seeing an increasing number of organisations reducing the level of service they can offer owing to funding challenges and in some cases, the loss of organisations. This evidence reinforces our commitment to grow new philanthropic funds.

I remain indebted to our trustee board. We welcomed Kevin Walsh as a new board member and said farewell to Jane Humphries, chair of the Grants Committee, after a very full nine-year term. We also said farewell to Hokey Bennett-Jones, Saj Ghafoor and Nick Utting, all co-opted members of the Grants Committee who had also served nine-year terms. My heartfelt thanks to each of them for their outstanding contribution to our work and also to all the funders, staff, trustees and grant panel members.

It is a great privilege to chair an organisation that has responsibility for directing the charitable gifts of so many kind and generous people. On behalf of all trustees, I record my thanks and warmest appreciation for their support. Despite our continued progress, we are not complacent and remain committed to achieving our challenging business plan targets with the intention of helping as many disadvantaged people in the county as possible.



David Beeby
Chairman

Celebrating 20 years of philanthropy

For 20 years, Cumbria Community Foundation has inspired a growing philanthropic movement in the county, which has generated significant new funds for community organisations and played a vital role in helping the most vulnerable and isolated in society.

'Giving Back, Looking Forward' is the title of our 20th anniversary year. It is also the title of our exhibition and accompanying book, which celebrates the people and communities of Cumbria and the power of philanthropy to change lives.

As part of our year-long anniversary campaign, we have been encouraging people and businesses to get involved and take part in a challenge to help us raise money for the Cumbria Fund, which supports around 50 different community projects each year.

The money helps a wide range of people, including youngsters, vulnerable adults, the disabled, those recovering from illness, the unemployed, and low-income families.

To kick off the campaign, staff and trustees raised £6,000 by taking a dip in Lake Windermere in January. Companies have also chosen the Foundation as their charity of the year. A whole host of events have been held by our supporters throughout the year, ranging from coffee mornings and private dinners, open garden events, sponsored fundraisers including cycling, golfing and walking, as well as generous donations, some in lieu of birthday or other celebration presents. Keswick and Penrith Alhambra cinemas, and Brewery Arts Centre also showed our 20th anniversary video trailer before film screenings to help us raise awareness.

Our role at the Foundation is to bring people together who want to help Cumbrian communities make a real difference, whether that's our fundholders, with whose support we have given out more than £44 million in grants, or the community leaders we support who are addressing real issues and changing lives for the better.

We'd like to thank our anniversary sponsors, Carr's Group, The Cumberland, Sellafield Ltd and United Utilities for their support during the year, and CGP Books for the sponsorship of our 'Giving Back, Looking Forward' book.

2019 has been a year of thanks and celebration for what we have achieved so far. But more importantly it is about the future and how we can all build on the philanthropy demonstrated in Cumbria in the last 20 years and galvanise future generations to see the impact that their philanthropic giving can have.

"Thank you for inviting the We Will group. They were thrilled to be asked, really enjoyed the event and were blown away by the Duke and Duchess's knowledge and interest in their campaign.

It was also a terrific experience for them to be able to meet and talk with other local volunteer organisations."

Rachel Suddart, who supports the We Will campaign

As part of our birthday celebrations, we welcomed Their Royal Highnesses The Duke and Duchess of Cambridge to a reception in Keswick to shine a light on some of the county's most selfless people. One such group was young mental health campaigners, We Will, who want more understanding and openness when talking about the issue.

From the Chief Executive

"As we begin the next phase in the life of Cumbria Community Foundation, I hope you are inspired: to give, to give more, to become a member, to create a fund or to make a gift to Cumbria through your will."

When John Fryer-Spedding convened the founding steering group in 1997, community foundations were little known. The first trustees were inspired by the success of the neighbouring community foundations in Newcastle and Durham. All knew how much Cumbria needed its own dedicated grant making charity and what good could be achieved if we could encourage new philanthropy. In our 20th year it is important to recognise that Cumbria Community Foundation would not exist were it not for the dedication of John Fryer-Spedding, Arthur Sanderson, Ian Brown, Bill Swarbrick and the senior management at British Nuclear Fuels.

£44 million in grants and endowed funds of almost £19 million are proud testimony to the hard work and dedication of everyone involved. We have helped shape the lives of thousands of young people, offered life saving-grants to the frail and elderly, and provided hope in times of despair.

Almost every week we receive a call into the office from someone who has had an idea for how they can help people. They want to form a group or set up a new project and need money to get things started. We love receiving those calls - they inspire us – and we would like to be able to support every deserving new project.

Our first grant was to a childhood bereavement project set up by nurses on the paediatric ward at Furness General Hospital. Another early grant was to support the creation of Cumbria's first self-harm support group. Cumbria Wheelchair Sports Club and Cumbria Gateway are two more 'new kids on the block' that we supported in their early days. During the life of the Foundation, carers organisations have grown from being newly established to fundamental parts of our communities as we celebrate and adapt to the challenges of a super-ageing population. At the heart of each of these organisations are families, some with disabled children, some the victims of domestic abuse or crime, others striving to be the best they can in sport, music and learning.

We also back long-established organisations doing vital work: youth clubs like the Wigton Youth Station and Drop Zone in Barrow, and Cumbria Alcohol and Drug Advisory Service.

We have grown in our knowledge of our communities and refined the style and nature of our grant making. By bringing a growing number of supporters under the umbrella of the Community Foundation we can increasingly make a difference to fundamental issues.

As we begin the next phase in the life of Cumbria Community Foundation, I hope you are inspired: to give, to give more, to become a member, to create a fund or to make a gift to Cumbria through your will. There is so much more we can and must do. Thank you to everyone who has been involved so far.

Andrew Beeforth OBE,
Chief Executive 1999
to present

West Cumbria: Opportunities & Challenges

West Cumbria is an area of contrasts, where a high-wage, technology-based economy is contrasted with low educational attainment and unemployment and some shockingly poor levels of health and wellbeing.

Cumbria Revealed, our county-wide needs report, was published in 2017. This was so well received that Sellafield Ltd commissioned the Foundation to publish a similar report focusing specifically on West Cumbria. 'West Cumbria, Opportunities and Challenges' was produced as a companion document to Sellafield Ltd's Social Impact Strategy.

The accessible, evidence-based report provides detailed information about the underlying issues in the community alongside examples of philanthropic activities addressing key needs that improve the lives of residents. Importantly, the report identifies the opportunities for economic growth, and community and cultural assets that are key to the area's future success.

West Cumbria is an area of contrasts, where a high-wage, technology-based economy is contrasted with low educational attainment and unemployment, and some shockingly poor levels of health and wellbeing.

It is only by working together that these critical social issues will be addressed, and our communities will thrive. We look forward to working with Sellafield Ltd and local stakeholders on devising programmes which will address the identified issues.

To read the report, visit www.cumbriafoundation.org or call the office for a copy.

Challenges

3,900 children live in poverty

1 in 4 adults have no qualifications

1 in 7 households have an income of less than £10,000 a year

Two thirds of adults are overweight

Opportunities

There are more **16-17** year olds in training, education and employment than the national average

Copeland has a higher proportion of micro-businesses than the national average

West Cumbria is a safe place to visit

Globally Recognised as a Centre of Nuclear Excellence

High Sheriff of Cumbria

The High Sheriff role is over 1,000 years old and dates from the days when the High Sheriff was responsible for all law and order in the county.

Appointed by Her Majesty The Queen, today the role concentrates on upholding and supporting the judiciary, police and law enforcement agencies, emergency services, local authorities and all recognised church and faith groups as well as supporting and encouraging the voluntary sector.

Marcia Reid Fotheringham made history in 2019 by becoming Cumbria's first black High Sheriff. Born in London and raised and educated in the United States, she moved from Boston to Cumbria in 1996. Marcia has worked as a psychologist in the NHS as well as a family therapist. She has been a magistrate in Cumbria for 18 years and is the former chair of North and West Cumbria Magistrates' Bench.

Cumbria Community Foundation works closely with the High Sheriff of Cumbria, having set up the High Sheriff's Crimebeat Fund in 2008, which has since awarded £100,000 in grants. Each year, we arrange for the High Sheriff to find out more about the county's voluntary sector, and Marcia has already visited more than 25 projects funded by the Foundation.

She said: "Having lived in Cumbria for 22 years, I was aware of many charities and the work done by staff and volunteers. However, my involvement with Cumbria Community Foundation has shown me that I really knew very little. While the Foundation is more than willing to accept raised funds for charities, they also show anyone interested the actual charities they support. And show me they did! The numbers of staff and volunteers supporting those in need is truly admirable - and impressive.

"I have seen projects giving support to youths, the elderly, the isolated, the sick, the dying, those in recovery, survivors of abuse, those with difficult diagnoses, and those wanting to learn basic and/or advanced life survival skills.

"Our county is vast with many differences and needs. Cumbrian charities and volunteers seem equally vast - and determined. I would like to thank the many people I have met. Your stories have left me uplifted by your energies, strengths and determination."

High Sheriff of Cumbria, Marcia Reid Fotheringham, Foundation trustee, Jim Johnson, and staff and members of Distington Club for Young People during the High Sheriff's visit in July 2019

Impact Review

Our Cumbria Revealed Report describes the needs and issues in our local communities. They relate to health and poverty, and 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 and our grants enable these groups to do what they do best – help improve lives, in Cumbria.

This section shares the valuable and demonstrable difference that philanthropy is making to our county.

The data paints a picture of the measurable difference our grant awards have made to local people on behalf of everyone who gives us money. The information is based on completed end of grant reports from funded groups and charities in 2017-18*.

The measurement tool that we use enables us to describe the benefits of the range of grants made against our grant making priorities.

In total, across all funded projects, 118,605 people have benefitted in some way from our grant making.

The full statistics on which this information is based are available on our website.

*Data excludes grants awarded from the Cumbria Flood Recovery Fund and applications not requiring a completed monitoring form.

Grant making priorities

Improving lives of disadvantaged children and families

Improving the life skills, education, employablity 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

Supporting families in need

Imagine how frightening it is to be 18 years old and pregnant with no-one to support you?

One young woman with a troubled childhood sought help when she was pregnant with her first baby. She worried about the future for herself and her child.

Thanks to Cumbria Family Support, she now has three children who are flourishing.

“I had no support from my family; I had always been the support for them. I worried about whether I would be able to look after my baby. I worried that others would think I wouldn’t be able to because of my childhood. I soon realised that the support worker was coming to help and not judge me. She supports me to make the right decisions. She has helped me with my anxiety and got me out of the house. She helps me with appointments and the children love it when she comes.”

Cumbria Family Support helps families who are experiencing difficulties in their own homes. Recently moving into the Allerdale area, the charity has been delivering services to families in Carlisle and Eden for 25 years. Support workers and trained volunteers provide tailor-made practical and emotional support. Other services include parenting programmes, youth clubs and individual and group work sessions. The charity also manages the Child Contact Centre in Carlisle.

The Foundation’s first grant was awarded in 2006 to train more volunteers to help with parenting skills, provide respite and offer a listening ear. In 2011, the ‘Best Buddies’ project received a grant to work with children aged 5-11 to promote positive relationships within families and develop awareness of personal safety.

Cumbria Family Support volunteers and staff at mental health training

In 2016, a grant contributed to an emotional resilience project, which helped Joanna*, aged 7. Following her father’s sudden death, the school nurse referred Joanna for emotional support. Joanna’s feelings started affecting her school and social life. The support worker helped Joanna to process her feelings about her father and his death. She became more confident, less withdrawn and more able to engage in all that school has to offer.Grants continue to support the Empowering Children and Families project which aims to support 300 children and their families to address emerging issues and prevent them from escalating.

One volunteer said: “Some of the families have many professionals in and out of their lives. I provide continuity to a family that has never had it before.”

Pam Hutton, Chief Officer, said: “Volunteers are the heart of the organisation. They are recruited from the community and understand the local needs. Volunteers come from all walks of life. They could be a retired professional who has known us from their work or a young person wanting to gain experience in the care profession. Parents who have received our support have become volunteers because they know how our services helped them.

“We have had fantastic support from Cumbria Community Foundation. As for all charities, fundraising is an ongoing and challenging process. We are reliant on the goodwill of our fantastic volunteers and the grant making trusts that fund our work.” Pam Hutton, Chief Officer

*names have been changed.

Cumbria Family Support have reported the following outcomes as a result of their activities in 2018-19:

- 320 children, young people and their parents/ carers were supported, building confidence, empowerment and belief in their own abilities
- 108 new referrals were received, accessing their services for the first time
- Volunteers provided 4,072 hours of home-based support

Improving the lives of disadvantaged children and families

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

461 young people have received additional support

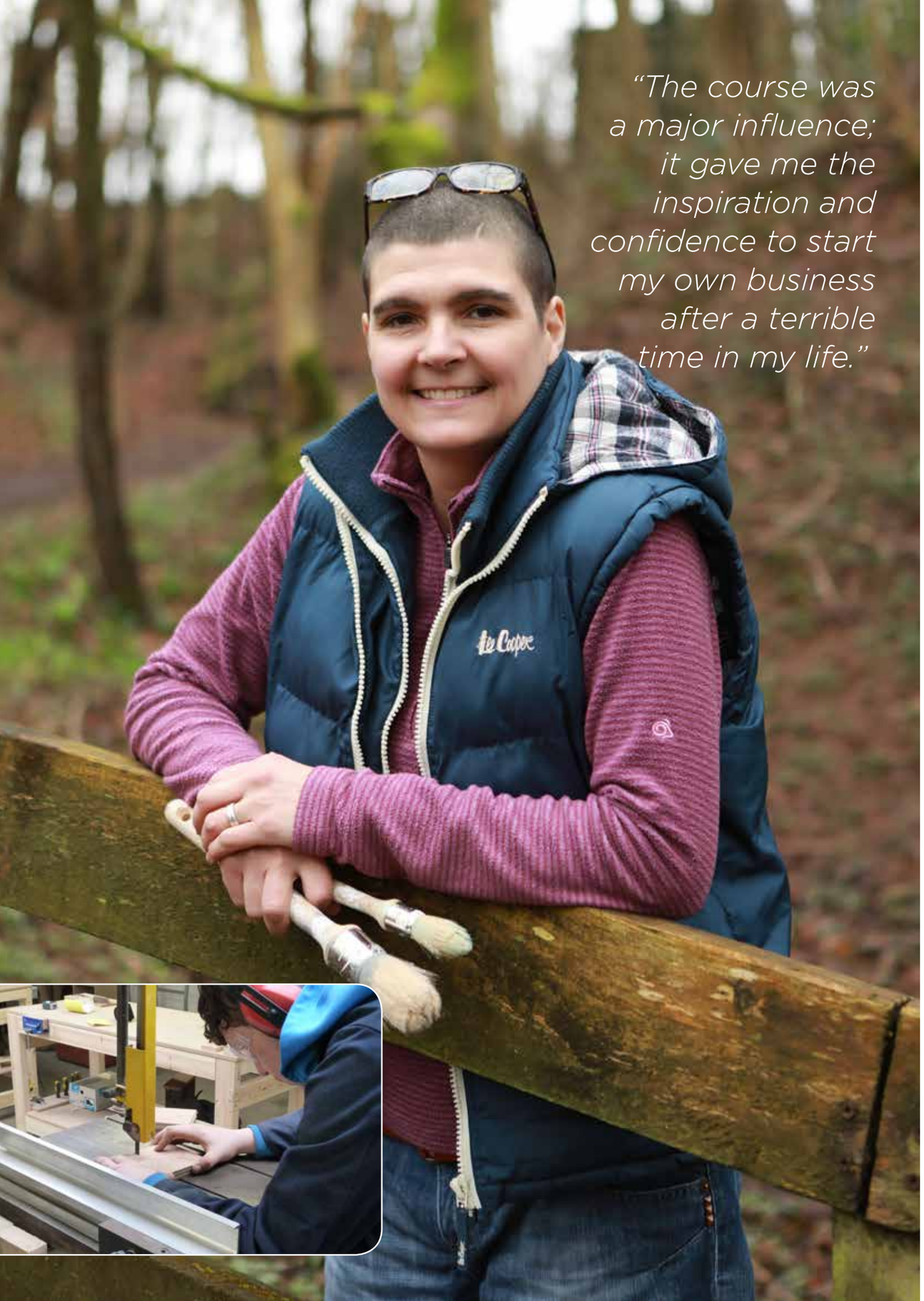
159 young people achieved independent living

9,908 people accessed support services

4,853 people attended regular social activities

5,083 people accessed support services for the first time

6,092 people participated in community activities



New skills, new confidence, new job

Thanks to almost £100,000 in grant funding, the Skills 4 You project in Cleator Moor has boosted confidence and given hundreds of people skills to make positive changes and get them back into work.

One such person is Lisa from Cleator. She lost her job and was feeling low. She found the Skills 4 You project, which teaches woodcraft and upcycling to help people who have a chronic lack of confidence, caused by mental or physical health challenges.

When Lisa joined the craft group, she was feeling anxious, having regular panic attacks and suffering from depression. But, determined to try lots of craft techniques, she quickly got the hang of découpage and painting, so much so that in 2018, she started her own business, upcycling and re-purposing old furniture and mirrors.

Lisa said: "The course was a major influence, it gave me the inspiration and confidence to start my own business after a terrible time in my life."

The future now looks bright for Lisa. She is enjoying her new adventure, learning new skills as she develops her business and selling her unique furniture through social media. She explained: "It's a fantastic feeling to take a piece of furniture that nobody wants anymore and turn it into a centrepiece that will be cherished by its new owner."

Lisa's story is a familiar one, and although Lisa has an array of qualifications and many years of experience behind her, West Cumbria has high levels of unemployment, where a shocking one in four adults living in Copeland have no qualifications.

The Skills 4 You project, run by social enterprise, Home to Work, is trying to address this issue by providing training opportunities to local residents. The project was launched in 2014 and has been supported by Cumbria Community Foundation ever since, to offer practical skills, mainly to 16 – 24 year olds, and a range of short courses to help people get on to mainstream accredited courses.

The eight-week training offers the opportunity to learn woodworking and crafting in an on-site workshop. Alongside the practical training, the course offers mentoring, support in writing a CV and how to perform in a job interview. It also looks at the social skills in life which can support mental health and wellbeing.

Christina Timney, Grants and Information Officer at Home to Work, said: "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 with employers who advertise vacancies with us."

Improving the life skills, education, employability and enterprise of disadvantaged people

Having a job provides self-worth and independence, helping people to take responsibility for themselves. There is a major gap in educational attainment between children from disadvantaged backgrounds and those from better off families. We support projects that try to close that gap for adults and young people.

285 people gained long-term employment

43 people are no longer claiming unemployment benefits

2,238 people attended training with 1,726 gaining formal accreditation

1,555 people started on the pathway to employment

41 people became self-employed

617 people went into further education or training

Combatting loneliness in later life

Described by one member as "The Great Escape", Caldbeck's heart-warming community project "Men in Sheds" provides a perfect social haven for men to share their love of woodwork and a bit of a 'craic'.

Men in Sheds is exactly as it sounds; a shed known as the Old Joiner's Shop where men can seek friendship and pursue their practical interests. It's a larger version of an ideal garden shed, located by the very beautiful, but secluded, Caldbeck Pond.

It's accessed by residents from the local area, often with the help of volunteers owing to their age and/or isolation. Stepping inside you will discover a friendly, safe and inclusive environment where members share tools and resources to work on projects of their own choice at their own pace.

The project meets twice a week and has more than 30 regular attendees. It not only provides respite for carers but a refuge for retired men – some with early onset dementia. They also repair notice boards, vintage motorbikes and playgrounds. Their latest activity is making benches for Cumbria Wildlife Trust.

One member, Bert, who is 90, and would normally be very isolated and alone, lives for Tuesdays and Thursdays. The atmosphere is warm and welcoming and is the place to be if you want to enjoy the companionship of likeminded and caring friends. An absolute need in this area for people like Bert, where issues including fuel poverty, and lack of facilities, services and transport affect them.

Northern Fells Group, which supports the Men in Sheds project, is a community-owned and volunteer-led charity. It serves 3,700 residents in over 200 square miles of upland terrain, many of whom are vulnerable, isolated and excluded from vital services.

Since 2004, the charity has received almost £200,000 from the Foundation towards its many services in addition to Men in Sheds, including a community minibus, a Village Agent service, a Lend a Hand scheme, benefits awareness advice and holiday play schemes, along with social and recreational activities.

Libby Graham, Fundraising Coordinator, said: "The support offered by Cumbria Community Foundation, and the grant aid we have received over the last 15 years, has been invaluable to the organisation and the communities of the seven parishes we serve.

We have been able to pilot new initiatives, expand our services and build and support our volunteer base, to ensure that our services are of the highest quality and to help us to continue to meet the changing needs of our users."

Supporting vulnerable older people

As one of England's popular places to retire, it's hardly surprising that Cumbria has a super-ageing population and that the proportion of older people living here is increasing at a much faster rate than elsewhere.

The rurality of Cumbria is a significant factor for older people and access to health and social care services remains an issue. 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.

5,993 people participated in community activities

939 people achieved independent living

4,928 people regularly attended social activities

946 households received a Winter Warmth grant to keep warm and well in winter

"The Foundation is a godsend. Its continued support has kept us open and has helped us unlock funding from other sources."

Vital help in times of need

Millions of pounds in life changing benefits go unclaimed each year or are refused on technicalities or overturned on appeal. Allerdale Disability Association (ADA) has a fantastic track record in helping local people with disabilities receive what they deserve to help them live their lives.

Based in Moorclose Community Centre in Workington, ADA helped 900 people through its information service in 2018. For most people it helps, it is a life changing service. But for others, the wait, the uncertainty, and the stress, is too much. ADA knows of people who have been driven to thoughts of suicide. Four men have taken their own lives waiting for their benefits appeals to be heard.

Paul Parkinson, Information and Benefits Adviser, helps people navigate their way through the benefits system. In the past, people were given awards for life under the Disability Living Allowance scheme. Now with Personal Independence Payments, people must reapply every two years, even if their disability hasn't changed.

He said: "People are living on money from family, or friends, or they are getting into debt. Three of my clients have committed suicide in three years. I went to an appeal tribunal with the widow of a fourth. I try to help clients with everything from filling in forms to appeals and supporting families during the tribunal hearings in court."

Despite this grim picture, there is hope. One client, 58-year old Paul, saw his benefits halve under the new system. Thanks to ADA, his benefits were fully restored. He said: "It made a lot of difference; it was really helpful."

While getting people's benefits payments is a life-changing aspect of ADA's work, it is the regular weekly support that maintains a better quality of life for its members.

Twice a week, the doors of the centre are thrown open and anyone with a physical disability and their families and carers are welcome to come and spend time together. It's a place where people can relax, learn new skills and meet new friends, or just as 43-year old John said: "I have only one leg and my dad cares for both me and my mum who has rheumatoid arthritis. It gets me out of the house two days a week and it gives my dad a bit of a break."

In addition to the normal activities, the charity also organises trips to various places and in 2004, after hearing that the local Talking Newspaper group was to disband, ADA took it over and a team of volunteers have continued to record the weekly disc ever since.

Cumbria Community Foundation has given more than £138,000 to ADA since 2002. Tracey Parker is the manager of ADA. She co-ordinates all the activities and fills out lots of fundraising applications a year to keep the centre going.

She said: "It costs £68,000 a year to run the charity. The Foundation is a godsend. Its continued support has kept us open and has helped us unlock funding from other sources."

Improving people's health and wellbeing

Poverty and low incomes are directly linked to chronic poor health and premature death. Living in poverty is closely related to other factors that influence health such as education, living environment, employment and lifestyle. Childhood poverty leads to premature mortality and poor health in later life.

463 people achieved independent living

70 people in addiction recovery

1,103 health-related activities provided

22,660 new hours of sport, exercise and leisure activities provided

7,839 new people taking part in sport, exercise and leisure activities

9,630 people reported improved physical and mental health

Knitting a community together

It's been described as a 'lifeline' for people living in one of the poorest parts of Carlisle. And while it's unusual for a sewing club to be seen as 'therapy' for women who feel socially isolated, this is what's happening at Botcherby's Community Centre in Carlisle.

Keeping this and other clubs going in the wake of two major floods has been no mean feat and it's down to the determination of a few community leaders and generous financial support from Cumbria Community Foundation.

Funding of almost £70,000 over the years has secured a number of community activities – not just sewing and knitting. Helen Fisher, Centre Manager, said: "People need a place to come together on a regular basis and have some sense of normality."

Based on Victoria Road, the centre is a well-used local facility and a hub of the community in a deprived area, hosting a wide variety of long standing, affordable community activities.

Brenda Bell set up the sewing club 33 years ago. She said: "We all find that meeting up with like-minded people keeps us positive and is good for our wellbeing. Chatting to someone who understands our passion and having the company and support of other people that love to do the same things is great."

In 2005, the centre was flooded and remained out of action until August that year. Portakabins were brought in to enable some of the groups to keep going, but several items were either lost or damaged. In 2006, the centre received £8,321 from the Cumbria Recovery Fund to replace lost equipment for the Sewing Club and Indoor Short Mat Bowls Club.

The funds also went towards the set up and running of the parent and toddler group.

In 2015, the centre suffered extensive damage again during Storm Desmond and was forced to close. Many of its groups then had to pay 'over the odds' for alternative accommodation.

Many residents in the area were flooded themselves and staff were determined they would not be further disadvantaged by losing the vital services provided by the community centre.

£60,000 from the Cumbria Flood Recovery Fund enabled staff to continue supporting the local community from a temporary location, and covered further staff costs, resilience measures against future flooding and the replacement of damaged equipment.

The centre reopened almost two years later in September 2017 with a fully-equipped gym, children's soft play, meeting room, canteen, large hall and a lecture room. Helen said: "The grants enabled us to welcome people back and support their activities. Having an affordable and accessible venue helps tackle social isolation and issues for older people occurring from this, such as dementia."

Strengthening and supporting fragile communities

For many people, living in Cumbria is not an idyll: it is challenging and difficult. However, there are organisations and projects that can help alleviate some of the problems people face. More than 53,000 volunteers across the county are actively involved in making our communities better for the future, from helping clear up after the floods to caring for the elderly. Volunteers help provide services that really make a difference to the lives of thousands of Cumbrians.

1,809 people regularly volunteer

6,346 people reported community facilities had improved as a result of the project

548 people reported feeling safer in their communities

32,444 hours of community activity provided

4,656 people taking part in a community activity for the first time

128 new collaborative partnerships established with organisations

Community Park gives opportunities for all

In the urban heart of Ulverston, you will find Ford Park – eight acres of beautiful green space - used by a variety of people, and the result of an incredible level of effort and dedication from the Ford Park Community Group.

Ford Park is situated adjacent to Ulverston East Ward, one of the more deprived in Cumbria, where many residents do not have gardens of their own. It's a valued community resource, important to local people as well as an important part of Ulverston's heritage, accessible to the community and visitors alike. In addition to hosting major events such as the Lantern Festival, Ulverston Carnival and the Candlelit Walk, the community group provides a wide range of community-based activities and inclusive volunteering opportunities.

Some of the volunteers have health issues and additional needs and may have had a negative experience of formal education or employment.

Matthew has volunteered at Ford Park since he finished university. He said: "I am profoundly deaf and communicate through British Sign Language. I've been unable to find paid work even though I have a first-class honours degree. Ford Park makes me feel useful and wanted. The staff have given me lots of encouragement and more confidence with hearing people."

In 2017, £50,000 from the Fresh Ideas Fund converted part of the walled Victorian kitchen garden into a nursery so that the Group could grow and sell herbaceous plants, heritage vegetables and winter potted bulbs. The funding also developed the small shop in the community cafe, which sells heritage and child-friendly seeds and promotes family friendly gardening.

Jill Salmon, Chief Executive Officer, said: "The grant enabled the initial development, purchase of stock and training for volunteers and also provided a paid position for an apprentice, which then led to a permanent gardening position. The outlook is for a long-term, sustainable addition to the park that provides an income stream to the organisation and further opportunities for volunteers within the community."

The dedicated team of volunteers play a huge role in helping to maintain and care for Ford Park and in June 2019 they were honoured with the Queen's Award for Voluntary Service – the highest award a voluntary group can receive in the UK.

Enabling people to access arts, sports, culture, heritage and the environment

The ability to take part in and enjoy sport, art, culture and the outdoors contributes to everyone's wellbeing. While not a top grant making priority, we recognise the importance of and continue to support fundholders' wishes by funding groups and individuals under this theme.

6 new habitats created

11 new allotments

278 people took part in gardening activities

100 community groups campaigned on environmental issues

198 activities promoted arts and creativity

18,689 people visited a local heritage site

During this 20th anniversary year, our members have also supported us in so many ways that we cannot list them all, but they include:

- Sponsorship of our 20th anniversary year celebrations, exhibition and book
- Donations to our 20th anniversary appeal for the Cumbria Fund
- Acting as host for our exhibition of images celebrating our 20th Anniversary
- Playing our short 20th anniversary video before film screenings
- Hosting a golf day to raise funds for our Cumbria Fund appeal
- Hosting events to help raise awareness of the Foundation
- Sponsorship of events we have held
- Making the Foundation their organisation's charity of the year
- Fundraising for our 20th anniversary appeal through sponsored activities
- Businesses donating a proportion of the proceeds of the sale of their products to our 20th anniversary appeal for the Cumbria Fund

Membership

Our members are at the heart of our work, linking us to our communities and knowing they are part of an organisation that delivers much needed help to those in need in our communities.

Membership is open to individuals, families, voluntary organisations and corporates. All members are directly supporting our efforts and therefore helping communities in Cumbria. In this, our 20th anniversary year, we have made a special effort to make contact with all our individual and corporate members to let them know how much we appreciate their support to date.

We list our corporate members in both our Annual Review and on our website (with links through to their websites where possible). This year we have also listed our voluntary organisation members in our Annual Review.

We really appreciate the support that these voluntary organisations, who are at the very heart of our communities, are giving to the whole community of Cumbria via their membership of the Foundation.

For reasons of privacy, we do not list our individual and family members, but we very much appreciate their support.

This year, as a thank you to our members for their support, we invited them all on an evening cruise on Windermere which took place on 23rd May. Drinks and canapés were served on board MV Teal to more than 80 guests as they enjoyed the beautiful weather, sunset and chat about the first 20 years of Cumbria Community Foundation.

We would like to thank our challenge members, Windermere Lake Cruises and Handelsbanken Kendal for generously sponsoring this event.

By becoming members, individuals and organisations not only support the Foundation financially, but also act as our ambassadors.

During our 20th anniversary year, we are encouraging people, businesses, public bodies and voluntary groups to become involved as members of the Foundation.

If you know of anyone, or any organisation, who would like to become a member, please direct them to the members section of our website www.cumbriafoundation.org or ask them to call 01900 825760

Guests enjoying our Windermere cruise in May

Challenge Members

1825

Armstrong Watson

BAE Systems Marine Limited

Bells of Lazonby Limited

Bender UK Limited

Burn How Garden House Hotel

Carlisle Refrigeration (Holdings) Limited

Carr's Group plc

Dobies Cumbria

EH Booth & Co Limited

Gedye & Sons

Handelsbanken Carlisle

Handelsbanken Kendal

Handelsbanken Penrith

James Cropper plc

Kevin Roberts

Lake District Estates Co Limited

Lakeland Limited

Low Level Waste Repository Limited

M-Sport Limited

O'Reilly Wealth Management

Roundhouse Properties

Sellafield Limited

The Majik House Co Limited

Thomas Graham & Sons Limited

WCF Limited (Brampton)

Westmorland Limited

Windermere Lake Cruises Limited

Wood PLC

Gedye & Sons

Gedye & Sons, solicitors with offices in Grange-over-Sands and London, have been corporate challenge members of the Foundation since 2015. Challenge members demonstrate an additional commitment to the Foundation and receive a small discount on taking a table at our Annual Celebration and Dinner, plus an invitation to an exclusive event during the year.

Richard Roberts, one of the Foundation's trustees, is also a director of Gedye & Sons, who have this year also made the Foundation their charity of the year.

Gedye & Sons kindly sponsored the venue, the catering and the display stands for our 20th anniversary exhibition at Rheged in May, and also hosted a soirée at the Windermere Motor Boat Racing club in July at which they introduced the Foundation to some of their clients.

"We are proud to support the Foundation in its 20th birthday celebrations, especially as the number of applications for grants is rising each year. Now more than ever we should be observing the age old motto 'charity begins at home' as any donation to CCF can give life changing opportunities within our county."

Mark Jones, director of Gedye & Sons, with CCF Chairman, David Beeby, at the exhibition at Rheged in May launching our 20th anniversary year.

Corporate Members

Architects Plus (UK) Limited
Baines Wilson LLP
Birchwood Farms Limited
Brewin Dolphin Limited
Britain's Energy Coast Business Cluster
Burnetts Solicitors
Carlisle Diocese
Carlisle Refrigeration Limited
Carr's Flour Mills Limited
Carter Jonas LLP
CGP Publications
CN Group Ltd
Cowens Limited
Cranstons Quality Butchers Limited
Cumberland & Westmorland Herald
Cumberland Building Society
Cumberland Pencil Company
Cumbria Chamber of Commerce
Cumbria Waste Management Ltd
David Allen
Day Cummins Architects
Designworks (Cumbria) Limited
Direct Rail Services Limited (DRS)
Dodd & Co
Doosan Power Systems
Eden Housing Association
English Lakes Hotels Limited
Fastness Data Services Limited
Firpress Limited
Flock
Fulcrum Films Limited
Grant Plant Hire Limited
H & H Group plc
Hackney & Leigh
Heart FM
Hertel (UK) Limited
Holmegate Farms Limited
Houghton-Parkhouse Limited
Ibis Hotel Carlisle
Iggesund Paperboard (Workington) Limited
Innovia Films Limited
J Edgar & Son
J L Winder & Co
Jacobs Stobbarts Limited
Jacobs UK Limited
James Walker & Co Limited
Jardine Finan Limited
Keswick Alhambra Cinema
Keswick Reach Lodge Retreat
KPMG LLP
L & W Wilson (Endmoor) Limited
Lamont Pridmore
Lindeth Howe Country House Hotel
Low Sizergh Barn
Lyon Leisure
McVities
Meldrum Limited
Mitchells Auction Company Limited
Napthens LLP
New Balance Athletic Shoes (UK) Limited
NFU Mutual (Carlisle)
Northern Security Limited
Nuclear Decommissioning Authority (NDA)
Nuvia Limited
Park, Gate & Company Limited
Penrith Building Society
PFD (Carlisle) Limited
Pirelli Tyres Limited
Progression Solicitors Limited
R G Parkins & Partners Limited
Rathbones
Ravenglass and Eskdale Railway Co Limited
Rayrigg Estates Limited
Risedale at Abbey Meadow
Robert Meacock & Company
Russell Armer Limited
Saker Solutions Limited
Salvana's Ristorante
Sanlam Private Wealth
Sarah Nelson's Original Celebrated Grasmere Gingerbread Shop
Savills (UK) Limited
Shepley Engineers Limited
Smurfit Kappa Composites
Spedding Dental Clinic
Story Decorating Group
Ullswater Navigation and Transit Co Limited
Ultra Electronics Limited
University of Cumbria
Warwick Square Osteopaths Limited
Westlakes Engineering Limited
Womble Bond Dickinson LLP

CUMBRIA COMMUNITY FOUNDATION ANNUAL REVIEW 2019

Membership

H&H Group PLC

Harrison & Hetherington were the Foundation's first corporate members, joining in 2002.

Now, H&H Group PLC, a group including farmstock auctioneers, chartered surveyors, land agents, insurance brokers, residential sales and letting agents and printers, the business is our longest-serving corporate member and has made the Foundation its local charity of the year for our 20th anniversary year. This means that their staff have been fundraising for us: they participated in the Big Sleep in March, raising money for our Winter Warmth Appeal; and their team in the Dragon Bay dragon boat regatta in July raised money for our Cumbria Fund appeal.

Richard Rankin, Chief Executive, said: "Being one of the first corporate members, it seemed appropriate to become part of the Foundation's 20th celebrations and devote some of our fundraising activities to the 20th Anniversary Cumbria Fund Appeal.

"H&H have long recognised the extremely important and at times vital good work the Foundation undertakes through its numerous funds."

Voluntary Sector Members

Ambleside Bowling Club
Ambleside Parish Centre
Bay Trust Radio
Broughton Village Hall
Carlisle Cricket Club
Carlisle Mencap Limited
Cleator Moor Methodist Church
Cockermouth School Association (CSA)
Cumbria Deaf Association
Cumbria Youth Alliance (CYA)
Distington Community Centre Association
Evergreen Club Ambleside
The Farmer Network Limited
Gosforth Nursery
Heron Corn Mill (Beetham) Limited
Ireby Festival
Keswick and District Fair Trade Campaign
Kirkbarrow Residents' Association (KRA)
Kirkgate Arts Cockermouth
Longtown Memorial Hall Community Centre
Maryport Model Club
New Rainbow Pre-School Playgroup Limited
Our Place Youth Club
Parton Village Hall
Rotary Club of Workington
Watchtree Nature Reserve Limited
Westward Parochial Church Council
Workington Transport Heritage Trust
Young Cumbria

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

The Brian and Ann Clark Fund

There are many people across our county who never really think about themselves as philanthropists, people who receive money unexpectedly and want to do some good with it but are not sure exactly what.

The Brian and Ann Clark Fund was created in 2016. Mrs Clark said: "I came to Cumbria Community Foundation late on in my life and at the most appropriate time as I needed to store my surplus capital where it could benefit others. I had tried to do this for myself but apart from it being very time-consuming I was not always clear that I was making the right choices. The Foundation has taken all that off my shoulders with the added reassurance that their choices take account of my own preferences."

The fund supports projects working with families, including those having disability or mental health issues, and to assist young people in caring roles, with the aim of promoting greater independence.

People First is an independent advocacy organisation that has worked in Cumbria for almost 30 years, supporting thousands of people every year to have their voices heard and helping them to live their best lives. One of the many services it provides is essential job training.

Last year, the charity converted the former University of Cumbria library on Milbourne Street in Carlisle into a new conference space. People with learning difficulties are recruited and trained to run the Conference and Centre for Learning through the 'Hospitality Academy'.

A range of training, skills and development opportunities is delivered in catering, hospitality, centre management and administration skills. The centre also has its own bistro and there is an opportunity to work towards accredited qualifications.

The Brian and Ann Clark Fund awarded a grant towards equipment for the Hospitality Academy Garden, a key part of the training programme. Learners care for the garden grounds and grow their own herbs and vegetables, which form a key part of their Open Awards qualification.

Lisa Blackwell, Fundraising Officer and Business Team Leader said: "Our Hospitality Academy learners are eager to begin the work in the garden; putting all of their learning into practice and implementing the 'pot to plate' model."

Mrs Clark has endorsed her confidence in the Foundation by making a further donation of £1 million to her fund during the last year. As she has said, the Foundation's expert, local knowledge means that we can provide you with all the information you need, whether about local needs, tackling issues you care most about or working in specific areas of the county, and we help ensure that your giving is targeted and effective.

If you would like to know how to apply for a grant or create a grant making fund, please visit: www.cumbriafoundation.org or call 01900 825760.

Learners in the Hospitality Academy Garden

Grant Making 2018-19

Full details of the funds, including their grantmaking criteria are available on our website

#iwill Fund
21 grants **£92,145**
Grants to increase social action among young people.

Abbeyfield Carlisle Over 55 Fund
10 grants **£18,856**
Grants to benefit people over 55 living in the Carlisle, Allerdale and Eden areas.

Abbeyfield Society Community First Fund
5 grants **£19,000**
Grants to benefit people living in the Carlisle, Allerdale and Eden areas.

Alston Moor Community Fund
1 grant **£2,000**
Grants for charitable purposes for the benefit of Alston.

Barrow Community Trust
9 grants **£10,808**
Grants for charitable purposes for the benefit of the people of the Borough of Barrow-in-Furness.

Barrow in Furness Endowment Grassroots Fund
3 grants **£2,189**
Grants for charitable purposes for the benefit of the people of the Borough of Barrow-in-Furness.

Beck Burn Wind Farm Community Fund
52 grants **£157,055**
Grants to community based organisations and individuals close to the Beck Burn wind farm.

Beeby Family Fund
4 grants **£5,500**
Grants to community groups whose projects benefit young people in the Wigton area.

Beverley Charitable Trust Fund
7 grants **£40,520**
Grants to young people in West Cumbria to enable access to study or vocational training.

Brian & Ann Clark Fund
6 grants **£15,567**
Supports projects working with disadvantaged families and people with disabilities or mental health issues, and assists young people in caring roles.

Broughton Moor Windfarm Fund
3 grants **£16,642**
Grants for local communities located close to the Broughton Moor wind farm.

Carr's Group Fund
2 grants **£1,755**
Grants to invest in the wellbeing of communities across Cumbria.

Castle Green Grassroots Fund
2 grants **£1,500**
Grants for local communities in Kendal and its immediate district.

CN Fund
4 grants **£5,500**
To grassroots groups in the Newsquest Cumbria distribution area.

Comic Relief
2 grants **£7,556**
Grants to empower local people, enabling them to create lasting change in their communities. Priority is given to small, locally based groups in areas of disadvantage.

Cumberland and Westmorland Herald Fund
1 grant **£500**
Grants for community based organisations benefiting people living in the Herald's main circulation area.

Cumberland Educational Foundation
12 grants **£29,382**
Supports young people under 25 to widen access to sports and the arts.

Cumbria Cultural Fund
2 grants **£1,750**
Grants to promote excellence in the arts and cultural life.

Cumbria Disaster Fund
3 grants **£1,590**
Grants to address hardship and promote community recovery and rebuilding as a consequence of a disaster event.

Cumbria Grassroots Fund
5 grants **£6,178**
Prioritises new and smaller organisations supporting older adults, people with mental health needs, children and young people, and people on low incomes.

Cumbria Flood Recovery Fund 2015 (Individuals)
1 grant **£700**
Grants to aid people affected by the storms and floods which hit Cumbria in December 2015.

Cumbria Fund
28 grants **£149,631**
Grants for charitable projects that address one or more of Cumbria Community Foundation's top five priorities for funding.

The following funds contributed income to this fund:

Francis C Scott Challenge Fund
Gregg Fund
Harvey Family Fund
Hensman Acorn Fund
HSBC Fund
James Cropper Fund
Laing Fund
Middlebrook Foundation Fund
Napthens Fund
Northern Rock Foundation
Viscount Whitelaw Fund

Cumbria Housing Partners Fund
6 grants **£28,765**
Supports projects that help improve the lives of people in the Partnership's members' neighbourhoods.

Cumbria Industries Amenities Fund
2 grants **£2,036**
Grants for activities and equipment which support disabled people in Cumbria.

Cumbria Victims Charitable Trust Fund
24 grants **£10,560**
Provides financial support to victims of crime who reside in Cumbria.

Cumbria Young People's Fund
16 grants **£40,332**
Established by a legacy, making grants to benefit children and young people aged 14-22.

Doosan Babcock Grassroots Fund
1 grant **£573**
Grants to improve life chances and aspirations in areas covering the company's employees' residence

Dora Beeforth Memorial Fund
1 grant **£1,000**
Grants to help disadvantaged young people to participate in sport or foreign travel.

Dowker Bindloss Charity
1 grant **£1,000**
Grants to community based organisations supporting Kendal residents.

Edmond Castle Educational Trust
11 grants **£11,815**
Supports the education and training of disadvantaged young people, prioritising those who are or have been in care.

Elizabeth Fell Memorial Trust
7 grants **£6,911**
Grants to community based organisations supporting the parish of Kingstown, Carlisle and surrounding area.

English Lakes Hotel Trust Fund
2 grants **£3,000**
Grants to employees in financial hardship and charitable projects located in the business's operating area.

Evening Hill Grassroots Fund
1 grant **£1,000**
Aims to improve the lives of 16-25 years olds or improve the quality of life for the elderly.

Fairfield Community Fund
2 grants **£7,000**
Grants for charitable activities for local communities located close to the Fairfield Wind Farm in north Copeland.

Fryer Grassroots Fund
10 grants **£10,837**
Aims to improve the lives of young people leaving care, particularly 16-18 years olds, across Cumbria.

Gibb Charitable Trust Fund
1 grant **£295**
Grants for vocational training for students and trainees.

Grassroots Cumbria Young People's Fund
5 grants **£23,752**
Established by a legacy, making grants to benefit children and young people aged 14-22.

Gurney Charitable Trust Fund
4 grants **£5,916**
Supports small, locally-focused charities in northern Cumbria, with a priority in and around the village of Ireby.

Hackney & Leigh
1 grant **£500**
Small grants to tackle disadvantage and strengthen communities in the firm's local region.

Hellrigg Windfarm Community Fund
10 grants **£27,623**
Grants for charitable activities for local communities located close to the Hellrigg Wind Farm in north Allerdale.

High Pow Community Fund
2 grants **£3,500**
Grants for charitable activities for local communities in the parish of Bolton to tackle climate change.

High Sheriff's Crimebeat Fund
15 grants **£22,980**
Supports projects for young people involved in or in danger of becoming involved in antisocial behaviour or crime.

Hunter Davies Fund
2 grants **£3,900**
Provides bursaries to individuals enabling them to write and publish non-fiction books about Cumbria (donor advised).

Janetta Topsy Laidlaw Fund
1 grant **£2,000**
Assists older people in the Carlisle area to remain in their own homes.

Johnson Fund
3 grants **£3,000**
Grants to groups and individuals to promote life skills or artistic excellence in young people and support for carers of people with dementia.

Kipling Fund for older people
7 grants **£5,787**
Established by a legacy, making grants to benefit older people.

Kipling Fund for younger people
3 grants **£1,959**
Established by a legacy, making grants to benefit children and young people.

Kirkby Moor Wind Farm Community Benefit Fund
1 grant **£2,000**
Grants for charitable activities for local communities located close to the Kirkby Moor Wind Farm.

Lamont Pridmore Grassroots Fund
3 grants **£3,013**
Aims to improve the lives of people in west Cumbria by raising their aspiration and achievement.

Lawrence Fund
8 grants **£3,112**
Grants to individuals and groups in the fields of both music and horticulture.

Liddle Thompson
2 grants **£1,250**
Grants to community groups whose projects benefit young people in Carlisle and Allerdale.

Live the Dream Fund
25 grants **£66,218**
Grants to young people in west Cumbria to enable access to study or vocational training.

LLWR Grassroots Fund
1 grant **£56,439**
Grants to small projects in Copeland.

Lord Egremont Fund for West Cumbria
2 grants **£10,000**
Benefits people in the towns of Egremont and Cockermouth and the immediate surrounding areas.

Majik House Fund
2 grants **£6,625**
Grants to projects located in South Lakeland from funds raised to commemorate Majik House's 20 year anniversary.

Mars Goodness KNOWS
5 grants **£19,830**
Grants to increase local projects or activity, build skills and increase community cohesion.

Mary Grave Trust
56 grants **£46,731**
Grants to young people in the former county of Cumberland to support travel abroad.

Moorhouse Grassroots Fund
1 grant **£10,000**
Grants to small projects, particularly in north Cumbria.

Older People's Fund (Cumbria)
4 grants **£12,262**
Grants to reduce social isolation and increase local community participation.

Out of Eden Fund
1 grant **£1,000**
Grants to charitable projects that benefit communities within the Upper Eden Valley.

Quarry Hill Grassroots Fund
7 grants **£9,090**
Aims to increase young people's participation in sport, particularly in north Allerdale.

Robin Rigg West Cumbria Fund
8 grants **£62,373**
Grants in west Allerdale to support activities that contribute to reducing the effects of climate change and benefit the local community.

Roselands Trust Fund
7 grants **£5,857**
Supports projects helping people facing disadvantage, particularly those supporting older adults and people with learning difficulties.

Rowan Community First Fund
1 grant **£2,166**
Supports projects which focus on unemployment training for older and young people.

Russell Armer
3 grants **£3,920**
Supports community groups in Grange-over-Sands, Kendal and Kirkby Lonsdale.

Shepley Group Fund
11 grants **£11,436**
Grants to small projects in areas covering the company's employees' residence.

Solway Fund
3 grants **£2,825**
Grants to enable children and young adults in Maryport and Workington to develop skills that equip them for adult life

Staff 10th Anniversary Fund
3 grants **£1,648**
Grants to smaller projects and to disadvantaged people across Cumbria.

Stobbarts Ltd Grassroots Fund
1 grant **£1,076**
Grants to community based organisations providing activities that benefit people in Allerdale and/or Copeland.

Storm Emma Relief Fund
4 grants **£11,149**
Funds to address household hardship that occurred as a direct consequence of Storm Emma.

Strummer Calling Community First Fund
5 grants **£3,307**
Grants to community based organisations addressing local needs in Cumbria.

Swales Trust Fund
25 grants **£8,619**
Grants to students being educated for the farming, forestry and horticultural industries.

Tallentire Windfarm Fund
8 grants **£39,856**
Grants to community based organisations providing activities that benefit people close to the Tallentire wind farm.

Tampon Tax Fund
3 grants **£23,584**
Grants to community groups that support women and girls to build skills and confidence, improve their health and wellbeing, and build social networks.

The Border Fund
4 grants **£3,885**
Supports projects that address homelessness, hearing loss or other significant life events, and those providing training to build skills and confidence.

The Dulverton Trust
24 grants **£103,500**
Grants to community based organisations to assist youth opportunities, general welfare, conservation and preservation.

Thomas Graham Grassroots Fund
7 grants **£9,801**
Aims to increase young people's participation in sport, particularly in Carlisle.

Ullswater Trust Grassroots Fund
10 grants **£13,510**
Grants to groups that benefit a wide range of people, particularly in Eden.

United Utilities Legacy Fund
48 grants **£478,236**
Supports projects that help improve the lives of people in West Cumbria and those that leave a lasting legacy in their community.

Violet Laidlaw Trust Fund
1 grant **£310**
Grants to support homeless people in the Carlisle District.

Welcome Fund
1 grant **£957**
Grants to support Syrian refugee families integrate within Cumbria.

West Cumbria Grassroots Fund
1 grant **£2,320**
Grants for charitable projects in west Cumbria that address one or more of Cumbria Community Foundation's top five priorities for funding.

Westmorland Arts Trust
6 grants **£9,000**
Grants to community based organisations to enable residents in the former county of Westmorland to experience the highest quality of music, drama and the visual arts.

Westmorland Family Fund
9 grants **£59,261**
Grants for groups which support the development of young people and the communities of Tebay, Brough, Shap, Kirkby Stephen and Appleby-in-Westmorland.

William Milburn Trust Fund
6 grants **£10,318**
Grants to charitable groups in the Brampton area addressing local needs.

Wing Cdr H Thompson & Rev Green Grassroots Fund
1 grant **£1,073**
Supports youth organisations in Barrow providing training in leadership, self-discipline, life skills and experience and respect for others.

Winscales Moor Community Benefit Fund
3 grants **£5,254**
Grants to community based organisations providing activities that benefit people close to the Winscales Moor wind farm.

Winter Warmth Fund
4 grants **£174,300**
Helps older people in Cumbria stay warm and healthy.

Workington (Ashfield) Lawn Tennis Club Fund
1 grant **£2,510**
Grants to provide tennis coaching to young people in Workington and Maryport.

TOTAL 646 GRANTS **£2,111,986**

Funds administered by CCF

Cumberland Building Society Charitable Foundation
53 grants **£28,328**
Grants to community based organisations in the Society's operating area.

Holehird Trust
32 grants **£42,001**
Grants to community based organisations supporting residents of the former county of Westmorland.

Joyce Wilkinson Trust
16 grants **£77,395**
Supports community groups in the former county of Cumberland, prioritising the parishes of Rosley and Westward.

TOTAL 101 GRANTS **£147,724**

Financial Summary

Cumbria Community Foundation
Year ended 31 March 2019

This information is drawn from the draft accounts of the Foundation for year ended 31 March 2019.

The final accounts, audited by Armstrong Watson, are available from our website.

Incoming resources	£
Donations and legacies	3,172,679
Grant programmes	755,366
Investment income	510,264
Events	42,649
Total income	**4,480,958**

Resources expended	£
Charitable activities	2,452,643
Fundraising and publicity	147,262
Events	22,586
Investment costs	85,207
Total expenditure	**2,707,698**

Deficit for the year (excluding movement ofinvestments) composed of	£
Donated to invest for future grant making	2,774,287
Revenue grants programmes	(966,348)
Deficit on unrestricted reserves	(34,679)
Deficit for year	**(1,773,260)**

Net assets at 31 March 2019	£
Funds invested for future grant making	18,755,702
Current grants programmes	1,062,588
Core unrestricted funds	303,992
Total assets	**£20,122,282**

Improving the lives of disadvantaged children and families
£452,201

Improving the life skills, education, employability and enterprise of disadvantaged people
£477,837

Improving the health and wellbeing people
£486,109

Strengthening and supporting fragile communities
£483,976

Supporting vulnerable older people
£229,375

Enabling people to access arts, sports, culture, heritage and the environment
£130,212

"Community Foundations are vital contributors to building social capital. They also play a vital role by providing a platform that enables individuals and firms to invest in their communities. Community Foundations are helping to deliver a more inclusive capitalism, one in which individual virtue and collective prosperity can flourish."

Mark Carney,
Governor of the Bank of England

The Team

We would like to thank our team of more than 70 volunteers who gave many hours of their time at the various grant panels throughout the year. Their collective skills, knowledge and dedication are what make our work possible.

PATRON
Sir James Cropper KCVO

PRESIDENT
Claire Hensman
HM Lord-Lieutenant of Cumbria

VICE PRESIDENTS

Lord (Melvyn) Bragg of Wigton DL

John Fryer-Spedding CBE DL

The Right Reverend
James Newcome
Lord Bishop of Carlisle

Lord Inglewood DL

TRUSTEES

Chair
David Beeby

Vice-Chair & Company Secretary:
Tim Cartmell

Honorary Treasurer
Valerie Young

Anthony Burbridge

Steve Cockayne (retired 15/10/2018)
Nicholas Coulson
Katherine Fairclough
Cath Giel
Sue Howorth
Jane Humphries (retired 02/07/2019)
Jim Johnson
Alison Johnston
Tony Keen
Adam Naylor MBE DL
Richard Roberts
Willie Slavin (retired 08/11/2018)
Mike Starkie
Chris Tomlinson OBE
Kevin Walsh
John Wilson
John Whittle

STAFF

Chief Executive
Andy Beeforth OBE

Chief Operating Officer
Cath Howard

Finance Director
Andrew Benson

Finance Officer
Lynsey Stokes

Philanthropy Officer
Jenny Benson

Development Assistant
Anne Meeghan

Senior Grants and Donor Services Officer
Ellen Clements

Grants & Donor Services Officer
Gary Higgs

Grants & Donor Services Officer
Joanne Spencer

Grants and Donor Services and Communications Officer
Annalee Holliday

Media & Content Officer
Rebecca Delin

Administrator
Kristine McGlothlin

Administrator
Yvette Miskimin

20th Anniversary Events and Fundraising Coordinator
Jacqui Currie

GRANTS COMMITTEE

Chair: Kevin Walsh
Vice Chair: Chris Tomlinson OBE
Cllr Robin Ashcroft
Tim Cartmell
David Edwards
Ruth Guthrie
Janet Hartley
Cllr Doug Huggon
Jim Johnson
Viv Lewis
Glenys Marriott
Michael Pearson
Colonel (Retd)
Chris Sanderson OBE, JP
Andy Towler
John Whittle

WEST CUMBRIA PANEL

Chair: Cath Giel
Vice Chair: Alison Johnston
Richard Atkinson
Sandy Brown
Valerie Hallard
Roger Hart
Cllr Daniel Horsley
Cllr John Kane
Ian McCoy
Cllr Ged McGrath
Cllr Ron Munby
Paul Rowe
Chris Shaw
Willie Slavin
Linda Slinger
Suzanne Wilson

COMBINED BARROW COMMUNITY TRUST AND GRANTS COMMITTEE

Chair: Tony Keen
Vice Chair: Tony Burbridge
Andrew Bass
Margaret Burrow
John Calvert
Beth Kirkby
John Dennis
Jayne Moorby

CUMBRIA COMMUNITY FOUNDATION

We are one of 46 community foundations across the UK, and over 1,700 similar foundations around the world. We work with fundholders to provide a permanent, flexible and growing source of local charitable funding that will directly address the needs of Cumbria's most vulnerable people.

Cumbria Community Foundation,
Dovenby Hall, Dovenby, Cockermouth, Cumbria CA13 0PN

Tel: 01900 825760
Email: enquiries@cumbriafoundation.org

Web: www.cumbriafoundation.org

Cumbria Community Foundation is a charitable company limited by guarantee. Company No 3713328. Registered in England and Wales. Registered Charity No 1075120. **Cumbria Community Foundation is quality accredited by UK Community Foundations standards endorsed by the Charity Commission.**

The Grow & Cook sessions at St Mary's Parish Church Centre in Workington guide local residents through seasonal, healthy recipes to enable them to recreate the healthy dishes at home for their families.

1762 BREWIN DOLPHIN

As one of the largest independently-owned private client investment managers in the UK, with offices across the country and a local branch in Penrith, Brewin Dolphin is delighted to support Cumbria Community Foundation.

cumbrialife MEDIA PARTNER

UK COMMUNITY FOUNDATIONS GIVING FOR LOCAL GOOD