



suffolk

Annual Report 2020/2021



SUFFOLK
Community
Foundation

REBUILDING LOCAL LIVES



CHILDREN & FAMILIES



COMPASSION IN CRISIS



HEALTH & WELLBEING



OLDER PEOPLE



THRIVING & SAFE COMMUNITIES



EDUCATION, LEARNING & LIFE SKILLS

We are very proud to develop lasting partnerships with individuals, families, businesses, public bodies and trusts.

We work together to ensure that areas of acute need in Suffolk are addressed compassionately, respectfully and sustainably. We are committed to deepening levels of engagement with everyone who seeks to change lives and improve futures.

We are one of a national family of 46 Community Foundations in the UK. As one of the top five grantmakers in the UK, our combined power and shared passion to make a difference is increasingly influential at the most senior levels and is delivering real and meaningful change.

Our vision is to help make Suffolk a better place for all.

Our mission is to change local lives by connecting causes that matter with people who care.

Our values are to be:

- Compassionate and fair in our purpose
- Professional and independent in all our relationships
- Open and clear in our communications

Our priority is to reach those in most need by combining robust evidence with local service delivery.

CHAIRMAN & CHIEF EXECUTIVE'S REPORT

We have the great pleasure in presenting the Trustees' Annual Report and Financial Statements for the year ended 30 June 2021.

This year's annual report highlights another busy and productive year for Suffolk Community Foundation. Understandably, a significant amount of our energy and time has been focussed on supporting charities and community groups that have been helping those most affected directly or indirectly by the Covid-19 pandemic. What started with emergency aid centred around vital food provision for vulnerable, isolated and often older people, turned into support for a whole array of further associated social problems; such as job loss, debt, relationship breakdown, and mental health issues. The Foundation's funding has been nimble and flexible to meet the changing need as it has evolved throughout the pandemic. With the generosity of our donors and support from other trusts and foundations, we have raised £3.37M since March 2020 to support emergency and recovery grant programmes. Over the same timescale, 525 dedicated emergency grants have been awarded to charities and community groups who operated in the frontline during the most testing of times. It has been a humbling experience to witness such community spirit, commitment, compassion, and determination in their desire to assist others who have so desperately needed help.

It has also been another year of exceptional partnership working with public, private, and voluntary sector organisations coming together to tackle the most pressing social challenges. It is increasingly clear that this way of working avoids duplication of funding and effort as well as allowing the opportunity for everyone to play to their own unique strengths for greater impact. Our Hidden Needs Report 2020 continues to support and inform this partnership working, often adding value and insight.

Throughout the pandemic, the Foundation staff have continued to deliver their pre-pandemic service as normal, in tandem with our emergency response. Income this year reached a new high whilst the team processed and distributed 1010 grants, a truly spectacular achievement considering all the challenges that they have had to overcome. We would like to recognise their achievements over the past year and send our warm and heartfelt thanks for their enormous contribution to the Foundation and to Suffolk. We would also like to thank our Board of Trustees for the ongoing support and knowledge that they bring to the Foundation, as well as our Patrons who remain tirelessly committed.

Of course, this would not be possible without the generosity of our donors and funding partners whom we would like to acknowledge and thank for their generosity which has been extraordinary over the past year. Please continue to spread awareness of the Foundation's work, so that as a county, we can grow the Foundation family and increase the support which is so desperately needed during these difficult times.



George Vestey DL
Chairman



Stephen Singleton MBE
Chief Executive

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WORKING IN PARTNERSHIP WITH THE PUBLIC SECTOR

During the last twelve months we have continued to build upon and strengthen our relationships across the public sector, collaborating with a variety of partners including the Suffolk Police and Crime Commissioner's Office, Suffolk County Council and all of Suffolk's Clinical Commissioning Groups. The grant programmes that have been created have enabled our partners to support and utilise the voluntary and community sector, bringing about strategic alignment with existing services or identifying additional needs and in doing so realising meaningful benefits for the people of Suffolk.

Of course, much of our partnership activity has been dominated by Covid-19. We have continued to support and input to strategic forums such as the Collaborative Communities Board, as well as play a key role in the distribution of pandemic related grant programmes including much needed Hardship funding.

Despite the pandemic, our partnership activity has importantly also enabled other needs to be addressed. New grant programmes have included the mental health focussed Equity in Mind Fund, whilst other programmes supporting Cancer Screening Awareness and Men's Mental Health have continued, alongside the Youth Intervention Fund.

We have also been able to develop and improve our long-established Surviving Winter initiative, providing much needed support to those experiencing fuel poverty.

Equity in Mind

The Equity in Mind programme was created following £300,000 of funding from the Ipswich and East Suffolk and West Suffolk Clinical Commissioning Groups. The fund was established to develop community-based services benefitting those with a range of severe mental health conditions including psychosis, eating disorders and severe depression.



Jason Joseph, Mental Health, Learning disability and Autism Transformation Lead, Suffolk and North East Essex ICS:

"I am delighted that we have invested £300,000 in projects that will increase our response to mental health need in Suffolk. These projects will provide equitable and inclusive support to people with complex mental health needs from diverse communities, ensuring there is help and support for those who need it most. I can't wait to see the impact these projects will have in our local area."

Inside Out Community

were awarded £49,961 to support those from BAME backgrounds and the over 65's, through the provision of one-to-one emotional wellbeing and mental health sessions as well as group based artistic workshops. Participants with anxiety, depression and a range of other mental health conditions will be supported. The project will link in with existing social prescribing services enabling targeted provision to those in need.



Volunteering Matters

were awarded £50,000 to deliver 'Survival Stories' - a partnership project involving other local organisations including 4YP and Survivors In Transition. Survival Stories encourages participants, aged over 65 and those from BAME backgrounds, to share their experiences empowering them to help others whilst improving their own wellbeing.



PHOEBE

were awarded £50,000 to support pregnant and new mothers from BAME backgrounds with their mental health needs. The project will enable greater understanding of available services and support and seek to overcome any barriers in accessing them. One to one help will be provided for individuals as well as the creation of group activities and peer support networks.



Men's Mental Health Community Fund

The Men's Mental Health Community Fund was established to increase community-based mental health support aimed at those most at risk of suicide.

The fund is a part of a broader initiative coordinated locally by partners including the NHS and Suffolk County Council as part of the NHS England Suicide Prevention Programme.

The fund aims to offer:

- Support to men in high risk groups:
- In the care of mental health service including inpatients
- With a history of self-harm
- In contact with the Criminal Justice System
- Working in specific occupations such as the construction industry, rural or agricultural sectors
- Other high risk groups

Since its inception, The Men's Mental Health Fund has awarded grants to:

ActivLives
BME Suffolk Support Group
BSC Multicultural Services
Combat2Coffee CIC
EPIC Dad Community Interest Company
Headway Suffolk
Home-Start Mid & West Suffolk
Reframe Coaching CIC
Royal Association for Deaf people (RAD)
Suffolk Mind
The Outsiders Community Consultants CIC
YANA

EPIC Dad

EPIC Dad were awarded £8,000 for a two-year project operating across West Suffolk. The project provides support to fathers and carers, with the aim of improving their mental health and emotional wellbeing as well as improving the relationships that fathers have with their families. The project also facilitates fathers' access to other relevant information and services as appropriate.



The Outsiders

The Outsiders were awarded £4,165 to extend coverage of their 12th Man project. The project engages with local businesses that naturally interact with male customers, such as Barbers, and then provides them with mental health first aid training and the confidence to interact with their customers to support their mental health.



Combat2Coffee

Combat2Coffee were awarded £3,850 to develop their Wellbeing Hub for armed forces veterans in Ipswich. The hub provides a safe space for veterans to socialise, an opportunity for them to learn new skills, as well as receive information and referral support to local mental health services.



UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS

Here at Suffolk Community Foundation, **in addition to our 6 themes** highlighted across our website and in our **Hidden Needs Report**, we have adopted the United Nations Sustainable Development Goals (UN SDG's or SDG's). These goals underpin the aims of the UN to alleviate poverty and increase sustainability on a global scale and are a central component of the UN Resolution titled 'The 2030 Agenda'.

There are 17 SDG's which are designed to be integrated - acknowledging that action against one may contribute towards outcomes in others.

The SDG's have been designed so that activity can be undertaken at various scales with local action contributing towards both local and global outcomes. Furthermore, they capture the essence of community

foundation activity and align with our vision to drive philanthropy and collaboration across communities to enable meaningful and sustainable change.

The team at Suffolk Community Foundation, are now incorporating the SDG's into our internal processes so that we can better understand and celebrate the contribution we are making, and that of the wider VCSE sector across Suffolk, against the goals.

We have selected five of the SDG's to focus on, those that best align to our typical grant making activity. These five are:



Over the coming months we will be highlighting a selection of projects grant funded by SCF that have contributed towards the above goals. In fact, if you visit our **Suffolk's Stories** section on suffolkcf.org.uk, you'll already be able to see which goals the projects we've funded are addressing. We have used the SDG's within our Annual Report. Look out for the icons above on our Suffolk's Stories pages to find out what goal each project is addressing.



Stephen Singleton MBE
Chief Executive, Suffolk Community Foundation

Community foundations across the UK are embracing the adoption of the United Nations Sustainable Development Goals to not only complement our grantmaking activity, but to support our operational culture. We are committed to a sustainable future and are working hard to achieve this within our organisation and beyond.

SUFFOLK'S STORIES CHILDREN & FAMILIES

Over the past year, Suffolk Community Foundation has awarded **73 grants** worth **£733,858** supporting children and families.

Suffolk seeks to create a positive environment for our young people to thrive, develop and become the best they can be. Increasingly, our focus has turned to supporting projects that deliver early intervention, enhancing the development of strong parenting skills and a positive family environment.

The Foundation's grantmaking has focused on funding projects that deliver positive outcomes for children with disabilities, mental health issues and the multiple disadvantages created by deprivation and inequality of access to education and services. During the coronavirus pandemic, emergency support continues to enable charities

and community groups to keep moving forward with their work and adapt their service delivery. In the coming months and years, the sector will need higher levels of funding to support an increase in the numbers of families whose challenges have been compounded by these extraordinary times.

MN Well-Child Support



This small Lowestoft organisation is committed to supporting parents and young people to improve their wellbeing. Their work is founded on providing a service which is tailored to a parent and child's needs, recognising that nurturing and developing a young child can be challenging and often difficult. Their experienced team uses a range of appropriate strategies, working towards building up a trusting relationship with a parent / carer and their child, so that often difficult issues can be explored and improved.

READ MORE



Family First



Working to support families in Ipswich, this organisation aims to support parents and carers with their mental health and self-confidence as well as providing them with vital social and support networks via one-to-one support. Trained volunteers are matched and visit families regularly, enabling them to develop their capacity in supporting themselves and find solutions to the challenges that impact their lives. Funding has helped pay for more key workers to support vulnerable families via their mentoring programme and parenting courses.

READ MORE



Moreton Hall Youth Group



Leaders at this youth group in the west of the county have set up a six-week intervention course, working with schools to target those young people yet to find their spark. Regarded as a 'mobile construction site', their Construction Box programme aims at providing opportunities for youth development for those that are struggling in the education system. Here they will learn skills such as bricklaying, plumbing and carpentry which will provide participants with greater knowledge, self-belief and confidence to go on and use these skills for a career in the future.

READ MORE



If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



It's business as usual and our Grants Team are here to help

Our grants team have been building trusted relationships with the voluntary sector in Suffolk for many years. In fact, they spend the majority of their time either on the phone to groups or out visiting organisations to fully understand and keep up to date with the impact they are making and to remain as 'upstream' as possible in identifying what future help might be required.

With an eye out for new ideas and always keen to hear when the green shoots of a new project are springing up, the team provide a supportive place to call when new groups are looking for funding for the first time. They provide valuable pointers to relevant funds that are currently available at the Foundation and are also happy to signpost other funding that might be available elsewhere. Perhaps most crucially of all, they will provide support and help as to where best to go to ensure that the relevant governance is in place to be 'fit for funding', on many occasions working in partnership with Community Action Suffolk. We remain committed to building an even deeper

Many new projects have sprung up as communities have responded to Covid-19, it has been really heartening to hear from so many new passionate people who have been working hard to support the communities where they live. Whether a project is being delivered by a well-established charity or community group, or one of the many new local neighbourhood schemes that have sprung up, our team do their utmost to deliver a successful outcome. Over the past year we have received 127 applications from new groups of which 72% have already gone on to receive funding from Suffolk Community Foundation. Others are being supported to be fit for funding or have been referred elsewhere to find the support they need.



Andrea Pittock,
Head of Grant Programmes, Suffolk Community Foundation



understanding of what our voluntary sector is achieving and are determined to find every way to support them to continue the exceptional work and increased positive impact that they are making.

It is very important to the Foundation that the levels of support we provide are always of the highest possible standard - genuinely supportive and bespoke to the needs of the individual group and the sector as a whole. We are always here to help you, please email on grants@suffolkcf.org.uk or call **01473 602602**.

Stay up to date

We work closely with Community Action Suffolk to ensure that advice around policies we provide on our website is up to date.

SCF often participate in webinars and funding surgeries. To find out more about these and to keep up to date with all the latest news and grants available, please sign up to our newsletter.

FIND OUT MORE



SIGN UP



A recent visit to Karibu, who were celebrating African Cultural and Heritage Day, was vibrant and bright, full of laughter, dancing, and activity, with young people sharing the poems they had written and singing.



Whatever its size, a charity's most important needs are finance and resources to enable them to provide services to whomever needs them. Community Action Suffolk have provided bespoke support, training and practical solutions to help them with funding applications to the Foundation. It's a partnership approach.



*Laura Butters
Head of VCSE Organisation
Development at Community
Action Suffolk.*



*Rod Gibson
Secretary/Trustee, Disability
Advice Service (East Suffolk)*



*Simona Lazar
Union Romani Voice*

Customer service can be many things to many people. With the SCF team we always get reliability (a timely response), friendliness (nothing is too much trouble), and knowledgeable guidance. These are the qualities essential to us running a small charity where fundraising is dependent upon limited voluntary resources. They are an amazing team.

Many thanks for all the support the Foundation have given us. Being a new charity in the pandemic was not easy, Suffolk Community Foundation gave us amazing support; financial and guidance on how to improve our steps.

Feedback from those who use our service is always helpful and much appreciated

We would like to thank all our donors and fundholders for supporting us to deliver the highest ever levels of grantmaking in 2020/21. We distributed 1010 grants totalling £4.36M to charities and community groups throughout Suffolk... a fabulous achievement.

This year we also funded 127 groups for the first time. These groups are [highlighted in blue](#).

Grants Awarded

#iwill Fund

£59,798

490th BG UK
Access Community Trust
Brandon in Bloom CIC
Bury St Edmunds Basketball Club
Future Female Society
Lapwing Suffolk
REACH Community Projects
Red Rose Chain
Sporting 87 Football Club
Student Life (Suffolk) CIO
Suffolk Family Carers
Suffolk Young People's Health Project
TOPCATS
[WIKID Music Community Interest Company](#)

Acorn Fund (supported by Pound Gates & Sevatas)

£6,500

Schoolreaders
Selig (Suffolk) Trust
[St Augustine's Church Ipswich](#)
Suffolk Cruse Bereavement Care

Anglian Water Positive Difference Fund

£106,896

ActivLives
Aspect Living Foundation
Combat2Coffee CIC
Disability Advice NE Suffolk (DANES)
EPIC Dad Community
Interest Company
Fresh Start - new beginnings
GoStart Community Transport
Green Light Trust
Halesworth Dementia Carers' Fund
Home-Start Mid & West Suffolk
Honington and Sapiston Village Hall
Ipswich Community Media
New Life Church (Suffolk)
Our Special Friends
Papworth Trust
REACH Community Projects
Spectrum Cambridge
Sudbury and District Citizens Advice Bureau
Suffolk Cruse
Bereavement Care
Suffolk Family Carers
Suffolk Rape Crisis
Suffolk Young People's Health Project
Wednesday's Child

Birketts Fund

£30,000

ActivLives
Bury Town Pastors
East Anglian Russian and International Cultural Society
Emmaus Suffolk Ltd
Inspire Counselling and Training
Oyster Community Press CIC
Riding for the Disabled (Woodbridge & District Group)
Rural Coffee Caravan Information Project
Schoolreaders
Suffolk Accident Rescue Service

Bluebell Fund

£16,890

REACH Community Projects
St Elizabeth Hospice
St Nicholas Hospice
Stour Valley Vineyard Church
The Salvation Army Trust
The Seagull Lowestoft CIC

Bunting Family Fund

£1,000

St Elizabeth Hospice

Centenary Fund

£12,000

REACH Community Projects
St Augustine's Church Ipswich
St John the Baptist, Church
St Peter's Church

Cervical Screening Awareness

£8,010

Future Female Society
Home-Start Mid & West Suffolk
Ormiston Families

Children & Young People Wellbeing Fund

£19,510

I Made This
MN Well-Child Support CIC
Ormiston Families
TOPCATS

CONNECT for Health - Being Well Together

£143,795

ActivLives
[Felixstowe Helping Hands](#)
Ipswich & District Citizens Advice Bureau
Ipswich Disabled Advice Bureau
Lighthouse Women's Aid
PHOEBE
Suffolk Family Carers
Suffolk Mind

Co-op Community Cares Fund

£200,000

This fund lunched in 2021

Cunliffe Family Fund

£4,000

All Saints Church,
Brandeston
Framlingham Area Youth
Action Partnership
Ipswich Housing Action
Group (IHAG)
Level Two Youth Project
Suffolk Hearing Advisory
Service

Davies Family Fund

£13,571

Christian Youth Ministries
IP3 Ipswich Good Neighbour
Scheme
Riding for the Disabled
(Woodbridge & District
Group)
Suffolk Philharmonic
Orchestra
The Living Paintings Trust
[Told by an Idiot](#)

Fifty Miles With My Dad Fund (De la Rue Family)

£2,500

Disability Advice NE Suffolk
(DANES)
Pro Corda Trust
Riding for the Disabled
(Woodbridge & District
Group)
Suffolk Cruse Bereavement
Care

Digital Inclusion Fund

£18,909

Eyes Open CIC
[Fairview Farm Enterprises
CIC](#)
Future Inclusions
Organisation

Ipswich Community Media
CIC
Pakefield Community Group
St Mary and St Botolph
Whitton IPSWICH
Suffolk Libraries
Suffolk Refugee Support

Dolphin Franklin Fund

£4,700

Abbeycroft Leisure
Lighthouse Women's Aid
Pathways Care Farm

East Suffolk Community Chest Fund

£120,000

ActivLives
Anglia Care Trust
BSEVC
Citizens Advice, Felixstowe
and District
Disability Advice Service
(East Suffolk)
Felixstowe Area Community
Transport Ltd
Felixstowe Men's Shed
Green Light Trust
Ipswich Disabled Advice
Bureau
[Leiston and Saxmundham
Men's Shed](#)
Leiston, Saxmundham &
District Citizens Advice
Bureau
Long Shop Museum
Mid Suffolk Citizens Advice
Bureau
Sudbury and District
Citizens Advice Bureau
Suffolk Cruse Bereavement
Care
Suffolk Family Carers
Suffolk Mind
The Befriending Scheme

Equity in Mind Fund

£296,558

Gatehouse Caring in East
Anglia
Home-Start in Suffolk
Inside Out Community
PHOEBE
Suffolk West Citizens Advice
Bureau
Volunteering Matters

Euston Fund

£1,000

Euston Church
St Mary's Roman Catholic
Church

Evdemonia Fund

£6,000

Suffolk Philharmonic
Orchestra
The Mix Stowmarket
[Told by an Idiot](#)

Fonnereau Road Health Foundation Fund

£55,669

Abbeycroft Leisure
Access Community Trust
East Anglia's Children's
Hospice
Friends of Thomas Wolsey
School
Greener Growth CIC
Inside Out Community
Music in Our Bones
Our Special Friends
Rural Coffee Caravan
Information Project
Suffolk Mind
Suffolk Punch Trust Limited
The Sporting Memories
Foundation
Wednesday's Child

Food & Drink Fund

£35,771

Access Community Trust
Bucklesham and Foxhall
Community Council
Emmaus Suffolk Ltd
Hadleigh Foodbank
Halesworth Volunteer
Centre
Honington and Sapiston
Village Hall
Lowestoft Community
Church
Rotary Club of
Saxmundham & District
Rural Coffee Caravan
Information Project
Selig (Suffolk) Trust
St Nicholas Hospice
St Peter & St John Parochial
Church Council
[St Peters Church](#)
Suffolk Young People's
Health Project

Frank Jackson Foundation Fund

£45,457

1st Leiston Scout Group
Independent Provider of
Special Education Advice
INK (Pen to Performance)
Inspire Suffolk
Let's Talk Reading
OBEE CIC
Papworth Trust
Pathways Care Farm
St Giles Trust
Suffolk Family Carers
Tall Ships Youth Trust
[The Ringsfield Hall Trust](#)



The Suffolk 100 are a committed network who work together to help address the needs of vulnerable people in Suffolk. They directly support the work of the Foundation, and also the Young Philanthropists Initiative, which encourages our young people to raise money for local charities whilst developing a greater understanding of philanthropy.

By joining the Suffolk 100, you can join a collective of philanthropists and businesses who are passionate about making a real difference to the lives of vulnerable people here in Suffolk - whilst also inspiring young people to become the philanthropists of the future.

Impact

Together with Suffolk Community Foundation, through our grantmaking programmes this year alone, we have awarded 1010 grants totalling £4.36M to charities and community groups throughout Suffolk...a fabulous achievement.

Invitations

There are plenty of rewarding events and learning opportunities taking place during the year that you will be welcome to join as a member of the Suffolk 100. From dinners and dog days to 'seeing is believing' visits and awards ceremonies - there's something to stimulate everyone's interest.

Schools Programme

We know that encouraging future philanthropists is important. The Suffolk 100 supports us to work in partnership with schools in Suffolk on our Young Philanthropists Initiative. Through this programme, our experience and knowledge of the voluntary sector is shared. Young people are encouraged to learn more about the community where they live, understand more about the need of vulnerable people in our county, whilst at the same time developing key skills in research, discussion, negotiation, decision making and public speaking. Most importantly, direct access to our grantmaking process supports them to direct their giving to local charities and community groups.

Let's have a conversation...



If you are looking to join the Suffolk 100, or would like to discuss the work of the Foundation, please contact our Philanthropy and Grants Coordinator Sally Ledger who would be delighted to assist you.

T: 01473 602602 sally.ledger@suffolkcf.org.uk



FIND OUT MORE



FESTIVAL OF SUFFOLK

2022 will see the county uniting for its biggest community event!

Spearheaded by the Suffolk Lieutenancy, the Festival will shine a spotlight on all aspects of Suffolk life to celebrate the Queen's Platinum Jubilee in 2022

A Landmark Festival

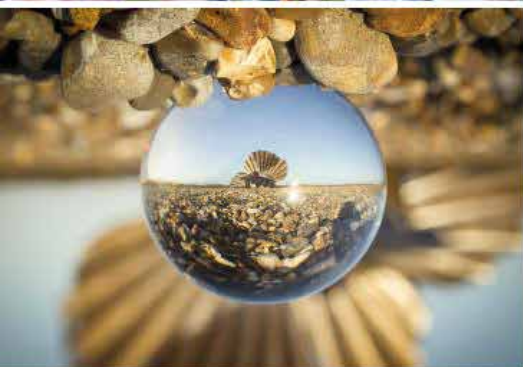
Suffolk Community Foundation is a proud supporter of The Festival of Suffolk; a series of fantastic events, activities and projects commencing in May 2022 celebrating The Queens Platinum Jubilee.



A Year of Celebration

'This is a celebration of Suffolk during the Queen's historic Platinum Jubilee in 2022. It will bring together all people and communities in joyful celebration, and create a powerful legacy to increase the visibility of our county and improve local lives for many years to come. Together, we will shine a spotlight on Suffolk, opening up opportunities, connections and improvements for everybody.'

Clare, Countess of Euston, Lord-Lieutenant of Suffolk



CREATING A LEGACY

The Festival is committed to leaving an enduring legacy which will address some of the big challenges facing our county highlighted by the Hidden Needs Report. These include the need to tackle isolation, deprivation, lack of opportunity and aspiration, made all the more acute because of the pandemic. The Festival of Suffolk Legacy Fund will be administered by the Suffolk Community Foundation.



For all the latest plans and developments, visit www.festivalofsuffolk.org

Harris Family Fund

£88,356

BACT Community Transport Ltd
BSEVC
Bury Drop In
Disability Advice NE Suffolk (DANES)
[Falcon Meadow Community Trust](#)
Halesworth Volunteer Centre
Home-Start Mid & West Suffolk
INK (Pen to Performance)
Learning in Nature CIC
Level Two Youth Project
Mettingham Village Hall Association
[Palace House, The National Heritage Centre for Horseracing & Sporting Art Racing Welfare](#)
[Saxmundham Adventure Playground](#)
St Mary and St Botolph
Whitton IPSWICH
Suffolk Family Carers
Suffolk Mind
The Mix Stowmarket
The Racing Centre
The Ringsfield Hall Trust
The Turner Hall
Waveney Domestic Violence & Abuse Forum

Henry Smith County Grants

£106,400

Alumah CIO
BSC Multicultural Services
Let's Talk Reading
Music in Our Bones
[Project 21](#)
St Augustine's Church
Ipswich
Suffolk Young People's Health Project
Unscene Suffolk
Walton Parish Nursing

Hewlett Fund

£2,700

Suffolk Young People's Health Project

High Sheriff's Fund

£27,219

Bungay Emergency Community Response
Bury St Edmunds Rickshaw
Caribbean and African Community Health Support Forum
Disability Advice Service (East Suffolk)
EPIC Dad Community Interest Company
GoStart Community Transport
Halesworth Volunteer Centre
Haverhill Community Trust
Honington and Sapiston Village Hall
IP3 Ipswich Good Neighbour Scheme
Leiston, Saxmundham & District Citizens Advice Bureau
Rock Paper Scissors Arts CIC
Steel Bones
[Still Good Food](#)
Sudbury and District Citizens Advice Bureau
Suffolk Rape Crisis
[The Blossom Charity](#)
[Thurlow Covid Volunteers Group / Little Thurlow PC](#)

Hintlesham & Chattisham Fund

£4,738

Hintlesham & Chattisham VC School
Suffolk Young People's Health Project
Four bursaries to advance the education of local residents

Hodge & Shallow Fund

£5,230

BSEVC
Bury Town Pastors

Holiday Hunger Project

£121,954

Access Community Trust

Hopkins Charitable Fund

£17,470

Caribbean and African Community Health Support Forum
[Plunkett Foundation](#)
The Loft Youth Centre

Horizon Fund

£6,411

Disability Advice NE Suffolk (DANES)
Lowestoft Community Church
The Seagull Lowestoft CIC
Women Like Me

Hughes-Hallett Fund

£6,734

Bucklesham and Foxhall Community Council
Green Light Trust
Halesworth Day Centre
Hollesey Village Hall
Rotary Club of Saxmundham & District

Iken Fund

£3,000

[Iken Parochial Church Council](#)

Kingsfleet Community Fund

£2,510

Christian Youth Ministries
The Mix Stowmarket

Martineau Care Fund

£21,339

The former Suffolk Disability Care Fund has now merged to become The Martineau Care Fund following the transfer of The Martineau Trust to the Foundation in March 2021. Health and social care professionals from the following organisations have submitted applications on behalf of local beneficiaries to provide specialist living aids. A total of 57 grants have been made this past year.

Adult Social Work Services
Bury Child Development Centre
Disability Advice NE Suffolk (DANES)
Disability Advice Service (East Suffolk)
Integrated Community Paediatric Services
Integrated Community Paediatric Services - West Ipswich Child Development Centre
Macmillan Cancer Support
St Elizabeth Hospice
Suffolk Community Healthcare
Suffolk Sight
TGA Mobility Ltd
West Suffolk Hospital

Martineau Fund

£24,999

ActivLives
Disability Advice NE Suffolk (DANES)
Fresh Start - new beginnings
[Fresh Start Future Enterprises](#)
Home-Start Mid & West Suffolk
Horringer Pre-School
Kernos Centre
Our Special Friends
St Nicholas Hospice
Suffolk Cruse Bereavement Care
Suffolk Family Carers
Suffolk West Citizens Advice Bureau
Walton Parish Nursing

Over the past year, Suffolk Community Foundation has awarded **223 grants** worth over **£1 million** supporting those in crisis.

Anyone can find their life in crisis and facing a critical situation where they need help quickly to prevent an even more serious downturn in their circumstances. This has never been more clearly demonstrated than now as Suffolk works together to fight the impact of the pandemic.

Charities and community groups have played an essential role in supporting vulnerable people to stay at home safely, and to create resilience in communities to avoid additional pressure on the NHS and other public services. Ongoing issues and challenges such as bereavement, unemployment, sudden ill health, addiction, domestic abuse, debt, homelessness and displacement have all been compounded by this national crisis. Suffolk will see levels of

need rise significantly. In recent months, the Foundation has very quickly been able to provide critical financial support to existing charities, community groups and brand new local projects and 'Good Neighbour Schemes'. Together we have been successful in harnessing the power of a new generation of volunteers and keeping them engaged to deliver vital services directly into grassroots communities.

Footsteps Walking With You



This new charity was developed in response to the lack of professional counselling on offer for 11 to 25 year olds in Suffolk. Based in Woodbridge, the charity helps provide affordable counselling to young people, helping them take their first steps forward on their journey towards wellbeing. The service caters to a wide variety of issues, helping those struggling with anxiety, self-harming, bullying, depression, eating disorders and bereavements.

READ MORE



Restitute



While many victims of crime prefer to refer to themselves as survivors, the lack of awareness, support and stigmatisation faced by people caring for survivors means that their needs are often misunderstood. These parents, carers, children, close friends and partners are the "forgotten victims" of crime, left isolated and unsupported. Restitute steps in to provide essential practical support to these third-party victims across the county.

READ MORE



The Hygiene Bank



This grass roots, community initiative helps to provide hygiene, personal care & household cleaning products to those who need them. Hygiene poverty is not being able to afford many of the everyday hygiene and personal grooming products most of us take for granted. Funding given to this project at the Waveney branch allowed the team to stock up on many everyday essential items, from toothpaste to shampoo and distribute to those in need in and around the Waveney and Lowestoft area.

READ MORE



If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



WORKING IN PARTNERSHIP WITH PROFESSIONAL ADVISORS

Suffolk's professional advisors play a crucial role in realising the local charitable ambitions of their clients, due to their unique position of trust and expertise.

Almost 80% of charitable giving in Suffolk goes to the top 3% of our largest national and international charities and while all giving is good, Suffolk relies on its 5,000 local charities and community groups to provide almost all the grassroots support it needs. As people's understanding of social need and their role in supporting their own community increases, there is a growing interest to learn more about philanthropy and effective, local charitable giving.

Professional advisors are well-placed to provide good quality advice and expert knowledge in this area and are frequently instrumental in a client's decision to explore the benefits of giving locally to Suffolk Community Foundation. Many of the heart-warming and life-changing stories you will discover have been made possible thanks to our partnerships with professional advisors and we truly value the excellent relationships we have with our colleagues across the region.

We work closely with lawyers, accountants, financial managers, land agents, will writers, tax specialists and any other professionals who have a specific interest in the

technical aspects of planned giving. By combining their knowledge with our experience in philanthropic advice, together we can ensure their clients' charitable giving is bespoke, straightforward and most of all, rewarding and enjoyable.

We provide a range of options for private clients, including:

- Legacies & gifts in wills
- Transferring the burden of running a charitable fund
- Creating a personal fund
- Creating a memorial fund
- Trust transfers

Setting up a fund with us is a straightforward and simple alternative to creating an independent charitable trust or foundation and it can usually be done after just one meeting. We take care of all the administrative, legal and grant-making obligations to create a fund that delivers precisely what a client wishes to do.

For further information or a confidential conversation, please contact Henry Tapp, Private Client Relationship Manager: henry.tapp@suffolkcf.org.uk / 01473 944732.



View and download our Professional Advisor pack by **clicking here**



“

We are really lucky to have Suffolk Community Foundation, they make a special effort to reach out to charities of all shapes and sizes, and by so doing help to ensure greater equity and fairness in the worlds of philanthropy and charitable giving in Suffolk. They have their ear to the ground but also a good technical grasp of how to achieve our clients' aims, which is an invaluable aid, especially when time is short.

Chris Cumberbatch, Senior Associate, Ashtons Legal



“

My client wanted to leave money to charity and thought the only option would be to give it to a national organisation. However, by creating a fund with Suffolk Community Foundation we have discovered a way to honour her wishes and go on supporting her local community in perpetuity.

Darren Chaplin, Wealth Planning Director, Cazenove Capital



“

Many clients have a keen desire to benefit their local communities but are at a loss as to which groups or organisations really need their help and which are best aligned to their particular interests. Suffolk Community Foundation provides a sustainable structure for those funds to continue to grow whilst at the same time honouring their intentions and always remaining relevant to the needs of future generations.

Jonathan Mathers, Partner, Greene & Greene Solicitors



“

I think Suffolk Community Foundation is in a unique position within our community to support local, grass roots charities and as such is perfectly placed to help with personal, family and corporate philanthropy.

Andrew Wheeler, Chartered Wealth Manager, Brewin Dolphin



“

One of the most fulfilling things I've been involved with in my 32-year career was providing the advice and steer to a client who became a donor to Suffolk Community Foundation. This brought so much joy to the donor who was happy she did the right thing with her money.

Louise Long, Partner & Head of Private Client Advisory, Birketts LLP



Watch this film about 'Three Ordinary Suffolk Girls' who have each set up a fund with Suffolk Community Foundation

CLICK TO WATCH



One of the comforting things about the Foundation, is that I know that when I'm gone, the team there will continue to respect my wishes and would carry on the ethos of my fund. In years to come, they will also keep it relevant to the need of the moment. That's why I feel so passionate about what they do. I love the Foundation dearly, I feel part of their team and much closer to the community they support.



Maurken Fund

£23,711

Ansell Centre Charity
BSEVC
Family First
Footsteps Walking With You
Fresh Start - new beginnings
Hive
Home-Start Mid & West
Suffolk
Kernos Centre
Lighthouse Women's Aid
Ormiston Families
Poppies Care Farm CIC
REACH Community Projects
Selig (Suffolk) Trust
Stour Valley Vineyard
Church
Suffolk Family Carers
Suffolk Libraries
Suffolk Rape Crisis
Suffolk Young People's
Health Project
The Mix Stowmarket
Transforming Futures -
Suffolk

Men's Mental Health Community Fund

£12,425

Suffolk Mind
The Outsiders Community
Consultants CiC
YANA

Michael Ben Howes Fund

£1,293

All Ways Making

Miller Trust Fund

£14,000

Botesdale After School Club
Bury St Edmunds Basketball
Club
Horringer-cum-Ickworth
Community Council
RedBrick Church
Shoestring Theatre
Company
St Nicholas Hospice

Stansfield Village Hall and
Playing Field Trust
Suffolk West Citizens Advice
Bureau

Mitchell Fund

£6,529

RedBrick Church
Suffolk Philharmonic
Orchestra
The Mix Stowmarket
Young People's Puppet
Theatre

Orpheus Fund

£61,600

Daws Hall Trust
Mr Civetta
National Youth Jazz
Orchestra
Roman River Music
XLP

Pargiter Trust Fund

£51,378

Bridge Project Sudbury
BSC Multicultural Services
Debenham Shed
Gt Waldingfield Bowls &
Social Club
Halesworth Volunteer
Centre
Inside Out Community
Norwich City Community
Sports Foundation
Suffolk Mind
The Seagull Lowestoft CiC
The Sunflower Community
Care Farm CiC
Warden's Charitable Trust

Payroll Giving

£128,241

County Durham Community
Foundation

Perinatal Fund

£27,682

Home-Start in Suffolk
Suffolk Babies (UK Babies)
Suffolk Libraries

Peter & Dorothy Meade Grantmaking Fund

£1,000

Women Like Me

Peter Rous Fund

£4,050

Lord Kitchener Memorial
Holiday Centre

Port Community Fund

£23,920

ACE
Boost Felixstowe
Citizens Advice - Felixstowe
& District
Emmaus Suffolk Ltd
Felixstowe Men's Shed
Fresh Start - new beginnings
Friends of Felixstowe Library
Headway Suffolk
Inside Out Community
Level Two Youth Project
Suffolk Family Carers

PPG Pound Fund

£2,030

Framfield House Surgery
Haven Health

Realising Ambitions Fund

£48,248

Emmaus Suffolk Ltd
Green Light Trust
Ipswich Community Media
CiC
Mid Suffolk Citizens Advice
Bureau
Noise Solution Ltd
Sudbury and District Citizens
Advice Bureau

Reviving Our Community Fund - DCMS

£238,500

ActivLives
BACT Community Transport
Ltd
BME Suffolk Support Group
BSEVC
Cancer Campaign in Suffolk
Catch 22
Christian Youth Ministries
Deafblind UK
Fresh Start - new beginnings
Green Light Trust
Halesworth Area
Community Transport
Hope After Suicide Loss
Ipswich Community Media
and Learning CiO
Kernos Centre
Matthew Project
MN Well-Child Support CiC
Raedwald Trust
Rock Paper Scissors Arts CiC
Sharing Parenting
Suffolk Libraries
Suffolk Young People's
Health Project
Talitha Koum
The BASIC Life Charity
The Mix Stowmarket
The Pear Tree Fund
The Prince's Trust
Trinity Methodist Church
Playgroup
Voluntary Network
Whitton Youth Partnership
Woolverstone Project

The National Lottery Community Fund (Reviving Our Community)

£237,500

1st Debenham Scout Group
3rd Sudbury Scout Group
Achievers Supplementary
School C.I.C
And Sow to Grow
Art Branches CiC
Bacton Village Hall
BME Suffolk Support Group

Continued on page 24

Over the past year, Suffolk Community Foundation has awarded **359 grants** worth over **£1.7 million** supporting people's health and wellbeing.

The voluntary sector delivers early intervention, prevention and in-depth support that promotes independence and encourages healthy day-to-day living. Diagnosis of a serious physical or mental condition will often see statutory health treatments complemented by voluntary sector support.

The diagnosis of a serious condition will often result in other negative impacts on the lives of the sufferer and those around them. Family and financial stability can be severely impacted. Suffolk's charities offer meaningful levels of on-going help and provide a sense of community with people in a similar situation. They offer information, guidance and support to families and carers who play such a vital role in care. During the pandemic, the role

of charities and community groups is proving even more vital, supporting people to stay well in their homes during lockdown. Community volunteering has played an important role in relieving pressure on the NHS, keeping hospital beds available and saving lives. As communities begin to return to a 'new normal', a plethora of new challenges will become apparent for charities and community groups to address as Suffolk seeks to rebuild local lives.

West Suffolk Hive



From their site in Bradfield St George, West Suffolk Hive has nurtured an outdoor community hub, collaboratively growing food whilst providing a space for the community to come together to connect with nature. Since March 2020, the site has been hosting educational workshops, outdoor play sessions for babies and toddlers, work experience placements and various family-friendly workshops and events.



Felixstowe Men's Shed



Men's Sheds are all about social connections, building friendships and sharing knowledge. Formed in January 2018, this Felixstowe charity helps give people new skills by getting stuck into community projects around the county. Their members can get involved with everything from woodwork to metalworking or even car building. These activities, when done together, help to undo the negative impacts of isolation.



I Can Run



I Can Run CIC is a women-only running organisation founded in Suffolk in 2016. Volunteer-led and run, their ethos means all women are welcome, whatever their age, size, background and ability. The organisation welcomes women who have not exercised for many years, women who are socially anxious and women who just don't feel they 'fit in' to the traditional exercise mould. It is a safe space for women to exercise and socialise with like-minded people.



If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



THE SURVIVING WINTER APPEAL



With poverty levels in Suffolk on the rise and the costs of living continuing to soar, Suffolk Surviving Winter Appeal has never been more vital to ensure that those in need receive the support they require to stay safe and warm in their homes this winter.

This year's Suffolk Surviving Winter Appeal kicks off with a brand new programme of support for and a £100,000 fundraising match challenge to double every donation from the public up to this amount!

Over the past decade, Suffolk's Surviving Winter Appeal has raised over £1.2M and heated the homes of many thousands of people in need in Suffolk.

Thanks to the generosity of the people of Suffolk, last year alone £298K was raised and 1,500 homes were heated across every corner of Suffolk, more than ever before, but the needs it addresses are sadly on the increase in our county and this year's appeal will need to support even more people.

As highlighted in Suffolk's Hidden Needs 3 Report, published by University of Suffolk, 22,000 older people in the county are income deprived and this figure rises to 75,000 when people of all ages are included.

Almost one in ten people in Suffolk are facing severe financial challenges this winter. However, as the impact of Covid continues, combined with a surge in energy prices and a sharp rise in the broader cost of living, it is very likely that even more Suffolk people will experience challenges keeping warm this winter. For these reasons this year's Surviving Winter appeal has its work cut out and we hope that the Suffolk Community Foundation's offer to double every penny donated will inspire everyone to step forward and give what they can afford to set the fundraising off to a strong start. We are already taking calls with requests for support and we want to be able to continue to say yes to everyone who needs support. As always, we encourage those who need their Winter Fuel Payment from the government to keep it and stay safe and warm, however if you don't need it, please donate what you can to the Surviving Winter Appeal. Every penny donated by the generous people of Suffolk will be quickly distributed to those in our county who most need support.



Tim Holder,
Head of Public Affairs,
Suffolk Community
Foundation



As in previous years, every penny donated will be used to heat the homes of those in need in Suffolk, however, a pilot project with 100 previous Surviving Winter grant recipients was conducted during the summer revealing that a slightly different approach could make a much larger and long-lasting difference.

“Upon reviewing previous year’s data we could quickly see that many people were receiving support from the Surviving Winter appeal year after year, a serious indicator of the ongoing challenges that continue in people’s lives. By reshaping the support that Surviving Winter delivers we will still be able to respond to the immediate need to heat people’s homes. However, at the same time we are now looking at ways to offer preventative support all year round to lift people out of poverty in a longer lasting and more sustainable way. The results from our initial pilot have shown significant additional benefits to those receiving support and we are confident that these benefits will make a meaningful difference to them not just this winter but in the months after too.”

“In addition to heating homes we are looking more at maximising personal income by checking benefit entitlement, pensions, reviewing home utilities and supporting cost reductions, as well as debt management and wider financial support. With energy switching yielding less in the way of savings currently, it’s proved absolutely vital to look at how we can help households reduce their costs in other ways and maximise their disposable income.”



Michael Attwood, Partnership Development Manager, Suffolk Community Foundation



Nicki Willshere, Chief Officer, Citizens Advice Ipswich

WATCH

There are two films about the Surviving Winter Appeal – an update on this year’s campaign, and our main Surviving Winter feature film.

CLICK TO WATCH



Brad Jones
Editor of East Anglian Daily Times



A word from some of the Surviving Winter Appeal beneficiaries...

I had to have an operation on my spine and have been partially bedridden since the temperatures dropped. For people like me, you feel the cold at night much sooner. Before I received help, I had taken to staying in bed much more and using hot water bottles to stay warm. But now I can get out of bed and sit and move around a little, which really helps with pain and everything. Thank you so much for the help.

Christine

As the price for fuel seems to keep creeping up to receive this grant is a great help at this time of year. I’m also recommending this to my friend to help them too.

Thank you for all your help.

David

I am a 73 year old man caring for two severely disabled adult sons. Our only income is from state benefits. Your help with heating oil has been a great help to us getting through the winter. It is imperative that my sons keep warm, so thank you.

Graham

HOW TO DONATE



ONLINE
by clicking here



TELEPHONE
01473 602602
(during office hours)



POST
a cheque made payable to
Suffolk Community Foundation
The Old Barns, Peninsula Business
Centre, Wherstead, Ipswich, IP9 2BB



VISIT
any branch of
Suffolk Building Society
to make a payment
over the counter

*The National Lottery
Community Fund
continued from page 20*

Bucklesham and Foxhall
Community Council
[Bury St Edmunds Rickshaw](#)
Cancer Campaign in Suffolk
Caribbean and African
Community Health Support
Forum
Catch 22
Combat2Coffee CIC
[Debenham Shed](#)
Disability Advice NE Suffolk
(DANES)
Disability Advice Service
(East Suffolk)
EPIC Dad Community
Interest Company
Family First
Felixstowe Radio CIC
[Footsteps Walking With You](#)
GoStart Community
Transport
Hadleigh Dementia Action
Alliance
Halesworth Dementia
Carers' Fund
Halesworth Volunteer Centre
Honington and Sapiston
Village Hall
Hour Community
Ipswich Community Support
[It's On The Ball - Testicular
Cancer Charity](#)
Lowestoft Shopmobility
Mid Suffolk Voluntary
Organisations Forum
Music in Our Bones
OBEE CIC
Our Special Friends
Phoenix Project
Porch Project
Raedan Trust (Suffolk)
Reframe Coaching C.I.C
Rock Paper Scissors Arts CIC
[Snape Village Hall Trust](#)
[Sole Bay Arts CIO](#)
[St Marys Church PCC](#)
St Mary's Church, Kersey
Steel Bones
Street Forge Workshops
[Suffolk Baby Bank](#)
Suffolk Cruse Bereavement
Care
Suffolk Rape Crisis
The Cabin Crew OOSC
The Giving Tree (East Anglia)
CIC
[Village Friends c/o Felsham
and Gedding Village Hall](#)

Warden's Charitable Trust
West Suffolk Hive CIC
WIKID Music Community
Interest Company
Women Like Me
Woolverstone Project

RJB Grantmaking Fund

£10,634

10th Ipswich Guides
Access Community Trust
Fresh Start - new beginnings
Inspire Suffolk
Ormiston Families
Suffolk Cruse Bereavement
Care
Suffolk Refugee Support
Transforming Futures - Suffolk

Sabariah's Fund

£2,300

MN Well-Child Support CIC

Sapphire Grantmaking Fund

£28,150

[Botesdale After School Club](#)
Botesdale Recreation Ground
Eye Playing Fields Association
Home-Start Mid & West
Suffolk
[Parochial Church Council to St
Gregorys Church](#)
[RedBrick Church](#)
Rural Coffee Caravan
Information Project
Thorndon Bowls Club

Scarecrow Fund

£4,200

Matthew Project
Women Like Me

Shadwell Fund

£5,000

Abbecroft Leisure
Fresh Start - new beginnings
Home-Start Mid & West
Suffolk
Newmarket Open Door
REACH Community Projects

SIFRE Fund

£500

[The East of England Faiths
Agency CIC](#)

Skinner's Fund

£6,000

BSEVC
Disability Advice NE Suffolk
(DANES)
Riding for the Disabled
(Woodbridge & District
Group)

Stimulus Fund

£447

[Walsham le Willows sports
club](#)

Suffolk Carers Fund

£109,233

BSC Multicultural Services
Gatehouse Caring in East
Anglia
Music in Our Bones
Oyster Community Press
CIC
Restitute
The Pear Tree Fund
Wednesday's Child

Suffolk Coronavirus Fund

£784,935

Abbecroft Leisure
Access Community Trust
Achievers Supplementary
School C.I.C
ActivLives
[Aldeburgh Cinema Trust](#)
All Ways Making
Anglia Care Trust
Aspect Living Foundation
Asperger East Anglia
Autism Anglia
Bardwell Playing Fields
Association
Beccles Parish
[BME Suffolk Support Group](#)
[Brainwave Independence
Group](#)
Brandon in Bloom CIC

Bridge Project Sudbury
BSC Multicultural Services
BSEVC
Bumblebee Children's
Charity
[Bury St Edmunds Multiple
Sclerosis Society](#)
Caribbean and African
Community Health Support
Forum
Catch 22
Changing Faces
[Clare Town Council](#)
[Clinks Care Farm Ltd](#)
[Combat2Coffee CIC](#)
Compassion
[Copdock and Washbrook
Preschool](#)
DanceEast
Daws Hall Trust
[Debenham First Responders](#)
Disability Advice NE Suffolk
(DANES)
Disability Advice Service
(East Suffolk)
Earl Soham Community
Coronavirus Response
Group
East Anglia's Children's
Hospice
Eastgate Amateur Boxing
Club
Eden Rose Coppice Trust
[Empanda](#)
Eye Opportunity Group
Family First
Forge Community Church
Framlingham Area Youth
Action Partnership
Fresh Start - new beginnings
Fresh Start Future
Enterprises
Future Inclusions
Organisation
Gatehouse Caring in East
Anglia
Green Light Trust
Greener Growth CIC
Hadleigh Dementia Action
Alliance
Hadleigh Foodbank
Halesworth Area
Community Transport
Halesworth Day Centre
Halesworth Dementia
Carers' Fund
Halesworth Volunteer
Centre

Continued on page 28

THE SUFFOLK MEDAL

The Search Is On



Given as a token of appreciation
and with grateful thanks from the people of Suffolk

Suffolk witnessed the fifth and sixth Suffolk Medals being presented on Suffolk Day 2021, in a glorious public ceremony on Market Hill in Clare. Once again, the news was celebrated far and wide hitting the headlines and broadcast live on BBC Radio Suffolk.

Now the search is on once more, as the awards panel asks the people of Suffolk to again explore every corner of our county to find a new list of nominations that they feel would make truly inspiring recipients of Suffolk's highest honour in 2022.

On Suffolk Day, June 21st, 2021, Suffolk Medals were awarded to Linda Hoggarth MBE, from Mid-Suffolk for her lifetime of work dedicated to improving the lives of people with disabilities, and to Jeremy Mauger, Consultant Anaesthetist at West Suffolk hospital, for the many thousands of hours he has dedicated to his voluntary work with the Suffolk Accident Rescue Service (SARS) where he is their longest serving current responder. Both our Suffolk Medal recipients for 2021 have selflessly delivered a lasting and positive impact on the lives of people in our county. Linda's persistent, compassionate and determined approach has won her the respect and admiration of all those who work with her. Her leadership and contribution

to so many groups, projects and initiatives clearly illustrate her lifelong commitment to being a force for lasting change in the lives of disabled people and their families. Jeremy very clearly cares so deeply about others. Over and above the vital role that he plays daily within our local NHS in West Suffolk, his incredible drive, generous spirit and dedication to volunteering for SARS helps patients in their direst hours of need. He thinks nothing of getting up from his bed in the middle of the night to help treat someone who might be in extreme pain, who might be critically injured in a vehicle on a rural road, who might be in cardiac arrest, who might otherwise not survive.



Clare, Countess of Euston.
HM Lord Lieutenant of Suffolk & Chair
of the Judging Panel

"These are the fifth and six Suffolk Medals to be awarded, with the first three going to Terry Hunt, (past editor of the East Anglian Daily Times), Canon Sally Fogden (founder of the Rural Coffee Caravan) and Walsham le Willows philanthropist, Richard Martineau. The fourth medal was awarded in lockdown to Grenville Clarke, charity environmentalist, who has since sadly passed away."

The Suffolk Medal was the idea of George Vestey, from Haverhill, when he was High Sheriff of Suffolk in 2018-19, and was designed by Suffolk artist, Maggi Hambling. It is funded by private individual contributions to the High Sheriff Fund, managed by Suffolk Community Foundation.

Suffolk residents are encouraged to submit a nomination for The Suffolk Medal. For details, please visit www.thesuffolkmedal.org.uk

We are honoured that The Suffolk Medal has a permanent display within The Hold. The Hold is a £20M project to create a new flagship heritage facility for the county on the Ipswich Waterfront. It provides state-of-the-art storage for 9 centuries of Suffolk's archival collections, seminar rooms and a 200 seat auditorium for university students, as well as a learning space for school groups and other organisations.
www.suffolkarchives.co.uk



HIGH SHERIFF'S AWARDS 2022

Nominations Open!

The High Sheriff of Suffolk, Edward Creasy, has launched the 2022 High Sheriff's Awards and is calling for voluntary groups and individuals to submit their nominations for the annual community awards.

The High Sheriff's Awards are designed to reward the volunteers, charities and community groups in Suffolk who devote their time and energy to improve the communities in which they live and work, to make Suffolk a better and safer place to live.

The deadline for receipt of nominations is **Monday 17th January 2022 at 5pm.**

[CLICK HERE TO NOMINATE](#)



I'm very excited that we can plan to hold the High Sheriff's Awards Ceremony in person this year, and I'm looking forward to what should be a fantastic celebratory event after two years of meeting remotely. This year I have had the privilege to meet so many wonderful charities and volunteers. I would encourage as many charities as possible to apply for the awards; it is a chance to recognise all the amazing work that's been done across the county in a really difficult environment.

Edward Creasy
High Sheriff of Suffolk



The awards will be presented at an evening awards ceremony at East of England Co-op, Wherstead Park, Ipswich on Wednesday 16th March 2022.

Winners will receive a trophy, certificate and a cash contribution to their voluntary group.

Charities, community groups and local neighbourhood initiatives have given so much to support those in need during this very challenging time. The awards provide not only an opportunity to celebrate how amazing and vital their contribution has been, but also to showcase their work for the future. They need the support of everyone in Suffolk now more than ever, as we face the challenge to get people's lives back on track.



Tim Holder
Head of Public Affairs,
Suffolk Community Foundation

This year's categories are:

- ▶ Volunteer of the Year Award - Under 30
Sponsored by Birketts
- ▶ Volunteer of the Year Award - Over 30
Sponsored by Suffolk Building Society
- ▶ Group of the Year Award
Sponsored by Ashtons Legal
- ▶ Suffolk's Caring Community Award
Sponsored by East Anglian Daily Times
- ▶ Supporting the Isolated Award
Sponsored by East of England Co-op
- ▶ High Sheriff Annual Award
Sponsored by the High Sheriff's Fund



Thank you to our sponsors..



SUFFOLK'S STORIES OLDER PEOPLE

Over the past year, Suffolk Community Foundation has awarded **75 grants** worth **£249,074** supporting older people.

Empowering older people to live dignified, productive, independent, happy and healthy lives is vital for our society as a whole. Supporting this to happen is a delicately balanced partnership between the individual, their families, local community and voluntary and public sector organisations.

Many of the recognised challenges for older people such as a decline in physical and mental wellbeing, social isolation, financial struggle, bereavement and loneliness, have been made more apparent and understood by our society during the many months of lockdown. During the pandemic we have had the opportunity to really engage in supporting this vulnerable part of our society. Equally, when the

resources the older population provide (as grandparents and community volunteers) are removed from day-to-day life, it is immediately clear what a huge asset their life skills and experience bring to their communities. As we move forward into a 'new normal', it will become even more crucial to work hard together to address their needs and harness this vital resource.

Swell Music



People living with Dementia often find it hard to access social activities and can easily become isolated and withdrawn. The power of music, especially singing, is key to helping to unlock memories and kickstart the grey matter. Swell Music have utilised their funding and have set up vital weekly Singalong Sessions for people living with dementia and their families in and around the Halesworth area.

READ MORE



Bury St Edmunds Rickshaw



A new service set up during the pandemic, this unique organisation led by an energetic team of volunteers offer free, chatty rides to local people who need help getting out and about. They also do deliveries of prescriptions and shopping, as well as rides to essential vaccine or doctors. Recent funding has enabled this service to increase its offering of food deliveries to vulnerable residents in the west of the county.

READ MORE



IP17 Good Neighbour Scheme



Like many rural towns and villages, this part of the county has a higher percentage of elderly and more vulnerable people than in many other parts of the UK. Funding received via the Suffolk Coronavirus Community Fund has helped with the important work of this group, such as providing emergency food parcels or assisting with shopping deliveries, prescription deliveries for those self-isolating, shielding or quarantining, as well as setting up a phone buddy system in order to receive regular phone calls for a chat and to check in on anyone experiencing loneliness or anxiety.

READ MORE



If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



The Suffolk

Coronavirus Fund

continued from page 24

Home-Start Mid & West Suffolk
[Hope After Suicide Loss](#)
Hope Church Ipswich
Hour Community
[I Can Run CIC](#)
INK (Pen to Performance)
Inside Out Community
Inspire Counselling and Training
Inspire Suffolk
Ipswich & District Citizens Advice Bureau
[Ipswich Community Support](#)
Ipswich Disabled Advice Bureau
Ipswich Furniture Project
Ipswich Hindu Samaj
IPSWICH17 Good Neighbour Scheme (IP17GNS)
Kernos Centre
Kesgrave War Memorial Community Centre
[LEAPS Suffolk](#)
[Levington Women's Institute](#)
Lighthouse Women's Aid
[Little Teapots Preschool](#)
Livability
Lowestoft and District Mencap Society
Lowestoft Community Church
Lowestoft Shopmobility
Mentis Tree CIC
Mid Suffolk Axis
Mid Suffolk Voluntary Organisations Forum
Millennium Farm Trust
[MN Well-Child Support CIC](#)
[Murrayside Community Development](#)
Music in Our Bones
Musica
New Life Church Community
Great Cornard
OBEE CIC
Ormiston Families
Orwell Mencap
Our Special Friends
Ousden Village Hall
Out Loud Music
[PACT Parents and Carers Together CIC](#)
Porch Project
Red Rose Chain
Re-engage
Reframe Coaching C.I.C
[Restitute](#)

Rural Coffee Caravan
Information Project
[Rushmere Evening Womens Institute](#)
[Sands \(Stillbirth and neonatal death charity\)](#)
Schoolreaders
Selig (Suffolk) Trust
Sharing Parenting An Adlerian Approach to Parenting
Shotley Parish Council
Simple Norfolk CIO
[South Central and East Suffolk MS Society Group](#)
Spectrum Cambridge
Spot Wellbeing Service CIC
St Elizabeth Hospice
St John Ambulance - Suffolk
St Mary's Church, Kersey
St Nicholas Hospice
Still Good Food
[Stonham Aspal Pre-School](#)
Stour Valley Vineyard
Church Storehouse
Foodbank
[Street Forge Workshops](#)
Student Life (Suffolk) CIO
Suffolk Accident Rescue Service
Suffolk Artlink
Suffolk Baby Bank
Suffolk Chinese Family Welfare Association
Suffolk Coalition of Disabled People
Suffolk Libraries
Suffolk Lowland Search and Rescue
Suffolk Mind
Suffolk Oxygen Therapy Centre
Suffolk Refugee Support
Suffolk Sight
Suffolk West Citizens Advice Bureau
Suffolk Young People's Health Project
[Swell Music CIC](#)
Swim Fore It
The B&B Young People's Theatre Group
[The Bacton Benefice](#)
The BASIC Life Charity
The Befriending Scheme
[The C3 Church](#)
[The Cabin Crew OOSC](#)
The Christopher Centre
The Compass
The Hygiene Bank
The Living Paintings Trust
The Mix Stowmarket
The Offshoot Foundation

The Outsiders Community Consultants CiC
The Parish Church of St Peter & St Mary, Stowmarket
The Salvation Army Trust
[The South West Ipswich Team Ministry](#)
The Sunflower Community
Care Farm CIC
TOPCATS
Transforming Futures - Suffolk
[Tuddenham Umbrella](#)
Union Romani Voice
Voices 4 Gainsborough Community Library
[Walsham Le Willows Community Council](#)
Walton Parish Nursing
Waveney Domestic Violence & Abuse Forum
Wednesday's Child
[West Suffolk Hive CIC](#)
Westleton Village Hall
Whitton Youth Partnership
WIKID Music Community
Interest Company
[Wingfield Parish Council - Covid-19 Support Team](#)
Women Like Me
Woodbridge Town Council
YMCA Trinity Group

Suffolk Giving Fund

£143,663

The Suffolk Giving fund includes support from the following funds:
Barclay Family, Bunbury Family, Chapman Family, Ipswich Building Society, Joy Abbott, Luctu, Mahony Family, Marriott Motor Group, Probert Family, and Tattersalls.
ActivLives
Autism and Nature
[Bacton Village Hall](#)
Beccles Lido Limited
Debenham Shed
Dumbarton Road Short Mat Bowls Club
East Anglian Russian and International Cultural Society
East Anglia's Children's Hospice
Eye Opportunity Group
Eye Playing Fields
Association

Friends of St Lawrence School
Future Inclusions
Organisation
Hollesey Village Hall
Home-Start Mid & West Suffolk
[Hope for Tomorrow](#)
Iconic Music, Drama and Dance Ltd (Social Enterprise)
Inside Out Community
IP3 Ipswich Good Neighbour Scheme
Ipswich BMX Club
Ipswich Community Media and Learning CIO
Ipswich Dementia Action Alliance
Kernos Centre
[Kersey Parish Council](#)
[Lidgate Village Hall](#)
Lighthouse Women's Aid
Livability
Lowestoft Community Church
Museum of East Anglian Life
Music in Our Bones
Music in Our Bones
Newmarket Open Door
Pathways Care Farm
Petals
Porch Project
REACH Community Projects
Selig (Suffolk) Trust
[St Augustines Ipswich - Lindbergh Road Community Church \(LRCC\) Plant](#)
St Elizabeth Hospice
St John's Methodist Church for St John's Community Team
St Mary's Church, Kersey
St Nicholas Hospice
Sudbury Rowing Club
Suffolk Family Carers
Suffolk Mind
Suffolk Refugee Support
Suffolk West Citizens Advice Bureau
Suffolk Young People's Health Project
The BASIC Life Charity
The Mix Stowmarket
The Shed
[Tools with a Mission](#)
Unscene Suffolk
Waveney & Blyth Arts
Yoxford Cricket Club

Police & Crime Commissioner's Fund

£214,960

Combat2Coffee CIC
Forward Start
Fresh Start Future Enterprises
Green Light Trust
Northampton Saints Foundation
Ormiston Families
Room 4...
St Giles Trust
Suffolk FA
Suffolk Lowland Search and Rescue
Suffolk Refugee Support
The Albany
The Forward Trust
The Mix Stowmarket
The Prince's Trust
YMCA Trinity Group

Suffolk Schools Emotional Wellbeing Pilot Fund

£56,250

Green Light Trust
(Vision and Voice)

Suffolk Sports Fund

£15,816

ActivLives
Bury St. Edmunds Basketball Club
Catch 22
Inspire Suffolk
Ipswich Town Community Trust
Panathlon Foundation
Southwold Rugby Club
Sporting 87 Football Club
Yoxford Cricket Club

Suffolk's Hardship Fund

£459,097

All Hallows Church Parochial Church Council
All Saints Church Ipswich
Anglia Care Trust
Blyth Valley Team Ministry Community Larder
BME Suffolk Support Group

Brandon PCC
BSC Multicultural Services
BSEVC
Bury Drop In
Caribbean and African Community Health Support Forum
Chapman Centre Trust
Church of England - Suffolk Heights Benefice (All Saints Chevington)
Citizens Advice - Felixstowe & District
Disability Advice Service (East Suffolk)
FIND (Families in Need) Ltd
Future Inclusions Organisation
Gatehouse Caring in East Anglia
Gippeswyk Community Educational Trust
Grundisburgh Parochial Church Council
Home-Start Mid & West Suffolk
Hope Church Ipswich
Hour Community
Ipswich and Suffolk Council for Racial Equality
Ipswich Community Media and Learning CIO
Ipswich Disabled Advice Bureau
Ipswich Housing Action Group (IHAG)
Julian Support
Karibu African Women's Support Group
Lawshall Preschool
Leiston, Saxmundham & District Citizens Advice Bureau
Level Two Youth Project
Lighthouse Women's Aid
Living Water
Lofty Heights CIC
Lowestoft Community Church
Mid Suffolk Citizens Advice Bureau
Newmarket Open Door
North East Suffolk Citizens Advice Bureau
Parish of St John with St Edmund, Felixstowe
PHOEBE
Raedwald Trust
REACH Community Projects
Rural Coffee Caravan Information Project
Salvation Army Felixstowe Corps
Salvation Army Lowestoft

St John the Baptist Church, Needham Market
St Lawrence Church, Gt Waldingfield
St Mary and St Botolph, Whitton
St Mary's Church, Haughley
St Mary's Church, Glemsford
St Matthew Church
St Peter's Church Brandon
St Thomas Church Ipswich
Stour Valley Vineyard Church
Sudbury and District
Citizens Advice Bureau
Suffolk Baby Bank
Suffolk Family Carers
Suffolk Rape Crisis
Suffolk Refugee Support
Suffolk West Citizens Advice Bureau
The Bacton Benefice
The BASIC Life Charity
The Hygiene Bank
The Lightwave Community CIO
The South West Ipswich Team Ministry
Triangle Church Ipswich
Union Romani Voice
Voices 4 Gainsborough Community Library

Sugar Reduction Fund

£4,830

2nd Chapel St Mary Brownies
Abbeycroft Leisure

Surviving Winter Appeal

£168,095

Ansell Centre Charity
FIND (Families in Need) Ltd
Gatehouse Caring in East Anglia
Ipswich & District Citizens Advice Bureau
Lowestoft Community Church
Mid Suffolk Citizens Advice Bureau
Newmarket Open Door
Porch Project
REACH Community Projects
Salvation Army Felixstowe Corps
Volunteering Matters

Technology Networks Fund

£5,000

Kernos Centre
Stour Valley Vineyard Church
The Salvation Army Trust

West Fund

£3,000

Bucklesham & Foxhall Village Hall
Eye Playing Fields Association
Woodbridge Rugby Union
Football Club Ltd

WN Estates Family Fund

£10,903

BME Suffolk Support Group
Framlingham Area Youth Action Partnership
Green Light Trust
Lapwing Suffolk
The Salvation Army Trust

Women & Girls Fund

£14,997

2nd Mildenhall Guides
Alumah CIO
Essex Community Foundation
Family First
Green Light Trust
Home-Start in Suffolk
Home-Start Mid & West Suffolk
Lighthouse Women's Aid
Norfolk Community Foundation
Ormiston Families
PHOEBE
Re-engage
Suffolk Babies
Suffolk Libraries
Suffolk Rape Crisis
The Seagull Lowestoft CIC
Wednesday's Child

Youth Intervention Fund

£10,360

Framlingham Area Youth Action Partnership

YOUTH INTERVENTION FUND

Suffolk's Youth Intervention Fund was created in 2019 with a focus on building positive futures for young people.

A partnership of Private Donors, The Diocese, University of Suffolk, Ipswich Opportunity Area, The Lieutenancy, The New Anglia LEP, Suffolk Community Foundation and a number of key voluntary sector organisations was created and carried out a research project involving 75 young people from across the county. They told us that inclusion in decision making, knowledge and accessibility to services, the development of safe, supportive social spaces were just a few of the key points they told us were important to their futures. The involvement of young people at the heart of this process remains key.

In 2019, the Office of the Police and Crime Commissioner (PCC) offered £50,000 in match funding which with the help of private philanthropists was trebled to £150k. Awards were made to 13 projects which included support for young people struggling with anti-social behaviour, knife crime and drugs and alcohol addiction. In addition, a further £30,000 was received from the PCC which enabled SCF to leverage an additional £70,000 which was awarded to 5 organisations supporting 4 high schools across Suffolk to implement a whole school approach to wellbeing.

Building momentum and on the positive outcomes delivered from the first round of grantmaking, Suffolk Community Foundation then sort to raise money for a second round of funding supported by a donation of £215,000 from Suffolk County Council.

Youth organisations invited their members to help design projects with a focus on rural areas and Covid related issues. Additional funds were spent on training for Youth Workers and Mental First Aid. Applications for this round of funding totalled over £540,000, but with only £215,000 available to award, there was a lot of disappointment. However, with the support of private donors and the PCC, we were able to fund a further £39,958. The geographical spread of applications and projects has reached all corners of Suffolk.

"The Youth Intervention Fund has been a truly community affair. An initial grant from my office was more than trebled with philanthropic donations to over £150,000 which was absolutely fantastic and a strong start for the project.....I have seen for myself how a small financial investment can turn young lives around and I'm delighted that others are now supporting the Youth Intervention Fund. This additional investment and subsequent generous support for the fund will help current and future generations to banish this cycle of despair and wasted lives which is great news for the individuals involved, and great news for Suffolk too."



Tim Passmore,
Suffolk Police and Crime Commissioner

You can read more about the Youth Intervention Fund here



"I am delighted that Suffolk County Council has been able to provide this vital seed funding for organisations to underpin sustainable support to our young people. In this crucial COVID recovery period, we recognise that the impacts on young people in Suffolk have been wide ranging, and the projects that will now deliver on early support to them and will help give confidence, increase skills and improve mental health in many of those affected."



Councillor Andrew Reid,
Cabinet Member for Public Health,
Public Protection and Communities

Thank you to our sponsors..



Find out more about young people's services

Suffolk County Council have been working with Community Action Suffolk and all youth provision across Suffolk to create one platform for young people to access services. It is kept up to date with training, resources, youth provision and volunteering opportunities.

You can read more here



Grants awarded in 2021

- 1st Mid Suffolk Boys Brigade and Girls Association - Stowmarket
- Abbecroft Leisure – Newmarket and Brandon
- Access Community trust – Lowestoft, Saxmundham, Bury St Edmunds and Ipswich
- Britten Pears Arts – Lowestoft
- Eye Open CIC – Eye
- Future Female Society – Ipswich
- Haverhill Community Trust – Haverhill
- Ipswich Community Media – Ipswich
- Just 42 – Sutton Heath, Alderton, Hollesley and Grundisburgh
- Kernos Centre – Sudbury
- Learning in Nature CIC – Beccles and Lowestoft
- Moreton Hall Youth Action Porch Project – Hadleigh
- Outloud Music - Ipswich
- Siren Calling – Waveney and Suffolk Coastal
- St Augustine's Church – Ipswich
- Suffolk Family Carers – Lowestoft
- Voices 4 Gainsborough Library – Ipswich
- Volunteering Matters – Lowestoft
- Wednesday's Child – Countywide
- Whitton Youth Partnership – Whitton, Ipswich

Whitton Youth Partnership



1st Mid Suffolk Boys & Girls Brigade



Britten Pears Arts



Voices 4 Gainsborough Library



Abbecroft Leisure



Future Female Society



THE SUFFOLK CANOPY FUND

Suffolk Community Foundation is proud to be a partner in the Queen's Green Canopy in Suffolk, which is part of a national campaign to plant trees in honour of the Queen as she approaches her Platinum Jubilee in 2022. Here in Suffolk, we aim to plant or preserve a tree or hedge for every citizen. With the help of experienced partners across the county, existing woodland will be enhanced, canopy cover increased and access to the green environment made easier for those who at the moment do not enjoy such access.

To support tree planting, ongoing maintenance and community access to associated green spaces across the county, the Suffolk Community Foundation has set up a Suffolk Canopy Fund which individuals, businesses and organisations are encouraged to donate to.

An army of local volunteers are already working with their local communities, landowners, tree wardens, county, district, town and parish councils and many of our environment based charities to link up existing woodland with woodland walkways and hedgerows. This tree planting will not only create natural corridors for biodiversity, but link the county together through creative planting of its footpaths and bridleways.

Quality green space is essential not just for the environment, but also for residents' health and wellbeing. Suffolk already has commitment from local government, industry and community organisations to create the greenest county. In this context, the Green Canopy in Suffolk will be designed to improve access and awareness of both existing and new green spaces, with particular focus on residents who don't have access to green space or that have the most to gain from the mental and physical health benefits it provides.

Partners, including Suffolk County Council, Suffolk Tree Warden Network, Woodland Trust, Green Light Trust, the National Trust, Suffolk Wildlife Trust, Suffolk Community Foundation, Church of England in Suffolk, Ipswich Borough Council, Royal Forestry Society, Community Action Suffolk,



©Rob Negus Photography



Forestry Commission, the Suffolk Agricultural Association and Suffolk's Association of Local Councils are working together with the commitment of enhancing, preserving and increasing access to the amazing green space that the county has to offer.

The project in Suffolk is in line with Suffolk County Council's Tree Partnership and the National Association of Local Councils' Tree Charter. It also forms part of the county's plan to address the climate emergency declared in 2019, with the aim to make Suffolk carbon neutral by 2030.



Suffolk has been working to achieve a countywide commitment for the Queen's Green Canopy and we are delighted that so many brilliant organisations are working together, not only to honour our monarch's 70 years of service but to achieve lasting and meaningful change for all our residents. Together we hope to plant a tree for every resident and we are encouraging as many people as possible to get involved. The quality green space this project creates will encourage thriving communities for generations to come.

Diana Hunt
Suffolk Deputy Lieutenant and spokesperson
for The Queen's Green Canopy in Suffolk



If you would like to support The Suffolk Canopy Fund, please [click here](#) to make a donation



SUFFOLK DOG DAY

31st July 2022

We are thrilled that Suffolk Dog Day will be returning to Helmingham Hall on 31st July 2022. This is no ordinary day in the doggy diary, but a day to celebrate our furry friends in all their guises. Do put the date in the diary to enjoy a great day out with your dogs, family, and friends.

Suffolk Dog Day is organised by Suffolk Community Foundation to support our work throughout the county, but equally importantly it brings people together in a wonderfully positive, accessible and happy day out.

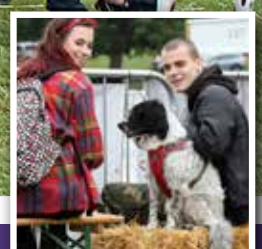
Suffolk will host a festival season of events in 2022 as the county comes together to celebrate The Festival of Suffolk during HM Queen's historic Platinum Jubilee year. Suffolk Dog Day is proud to be a partner event of the Festival of Suffolk. If you would like to support the day from volunteering to help or sponsoring a class or simply to find out more, please click here.

MORE
INFO



SUFFOLK COMMUNITY FOUNDATION PRESENTS

Suffolk Dog Day 2022



THE HOPKINS CHARITABLE FUND

As East Anglia's largest independent housebuilder, Melton-based Hopkins Homes is committed to supporting the communities that its developments are a part of.

Having worked with Suffolk Community Foundation for many years, in 2017 the company established the Hopkins Charitable Fund to extend and formalise its charitable giving across East Anglia.

Since then, in Suffolk alone, the fund has:

- Supported over 50 charity projects
- Made over £170,000 of grants

In addition to grants, the Hopkins Charitable Fund runs regular charity votes in which the public is asked to vote for one of the shortlisted charities – the winner receives £7,000, second and runners up £2,000 & £1,000 respectively. The votes help charities galvanise their existing supporters and reach new ones. Suffolk winners so far have been REACH and Rural Coffee Caravan.

Covid support

Charities and community groups supporting vulnerable people and victims of abuse were anticipating an increase in demand of 25 per cent after lockdown. The Hopkins Charitable Fund made significant donations to help Suffolk charities prepare for this surge:

- Bury Women's Aid
- Lighthouse Women's Aid
- Fresh Start New Beginnings
- Waveney Domestic Abuse and Violence Forum
- Survivors in Transition
- Suffolk Rape Crisis

Major projects

In 2019 Hopkins Homes was the major supporter of the Surviving Winter campaign and donated a further £20,000 in small grants to help vulnerable people during the colder months.



Recently the fund has agreed major donations to support the purchase of two vehicles. Porch Project will receive funding for a new mobile youth centre and Rural Coffee Caravan has received help towards the purchase of a new caravan.

Joshua Hopkins of the Hopkins Charitable Fund said: "I've had the opportunity to visit many of the charities we support and to meet the staff, volunteers and some of their clients. Some of the stories they have shared are heart-breaking, but I'm always deeply impressed by the commitment and passion that the charities display in finding ways to help."

Volunteer Days

As well as financial support, the team at Hopkins Homes has been involved in several hands-on activities. Groups of volunteers have helped with construction projects at Deben Community Farm, cleared the outdoor space at Access Community Trust's Youth Hub at Saxmundham and helped paint FIND's new foodbank. James Hopkins, Executive Chairman, Hopkins Homes: "By working with Suffolk Community Foundation, we can identify and help charities who support some of the most vulnerable people and operate in the most deprived areas of Suffolk. The range of initiatives that we're involved in ensures we support these groups in varied and engaging ways to help meet their short and long-term needs."



For more information about the Hopkins Charitable Fund [CLICK HERE](#)



FIFTY MILES WITH MY DAD

A story of young philanthropy

In early September, the launch of 'Fifty Miles with my Dad' was celebrated at Seckford Hall, Woodbridge – a book in which May de la Rue, a medical student from Melton, tells the story of a fundraising walk with her father Colin in 2009. When she was ten years old, they walked the length of the Suffolk coast from Felixstowe to Lowestoft.

May's trek in memory of a close relative made headline news and raised over £10,000. Government matched funding made the total enough for Suffolk Community Foundation to invest as a permanent endowment, making May its youngest fundholder, while providing regular grants from the income to local

grassroots charities. Net proceeds from the book contribute to the fund. Since its inception, the fund has awarded over £14,000 in grants to charities and community groups across the county.

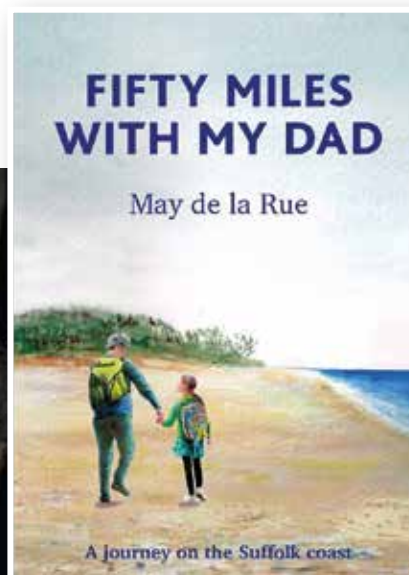
Representatives of the Foundation and other local charities were among nearly 200 guests at the reception to hear May, now in her fifth year at the University of Bristol, recall the experience.

The book, she said, was a joint effort with her father but told the story from her perspective. Her first hope was that it might inspire anyone who hasn't done so already to do the full walk themselves, and perhaps come to know and love coastal Suffolk even more than before.

Completing the trek in sections over eight weeks, father and daughter walked most of the way side-by-side, often with no other soul in sight. 'Our conversation found depths that aren't normally explored at the kitchen

table', said May. 'I hope this will be a story that families can relate to; and if it encourages them to share more quality time it will have been worth telling.'

But her main emphasis was on the parallel journey that unfolded through what she unexpectedly gained on a path of philanthropy. Meeting young people with a disability, she learnt about the therapies on offer and how a little money can be enough to make a big difference. As her musical interests developed – May composed a full-length requiem which was performed and recorded while she was still a resident pupil at Rugby School – she was able to focus on charities that provided music therapy and opportunities for those with special needs. It was these experiences, and the fulfilment gained from the impact on others, that led her to study medicine.





This moving story is living proof of how philanthropy is open to everyone and of how even a child's walk on the coast with a parent can turn into such a seismic inspiration.

David Sheepshanks
Former Chairman, Suffolk and UK Community Foundations



This is a lovely portrait of a very special part of the world and a hugely inspirational story.

Edward Creasy
High Sheriff of Suffolk



It has been a privilege to be a part of May's journey. This moving story will provide an inspiration for many people from all walks of life.

Stephen Singleton
Chief Executive, Suffolk Community Foundation



I hope this may encourage other people, of whatever age, to try something similar themselves. If it inspires just one person to embark on their own philanthropic journey, a purpose will have been fulfilled.

May de la Rue

'Fifty Miles with my Dad', by May de la Rue, is published by Sarnia House and available in hardback from all bookshops and through Amazon. Price £18, with royalties and publisher's net proceeds in aid of the 'Fifty Miles with my Dad' fund at Suffolk Community Foundation. Grants from the fund are made to charities and community groups supporting those with disability, the infirm and the vulnerable.

Since its inception, the fund has so far awarded over £14,000 in grants to charities and community groups across the county.



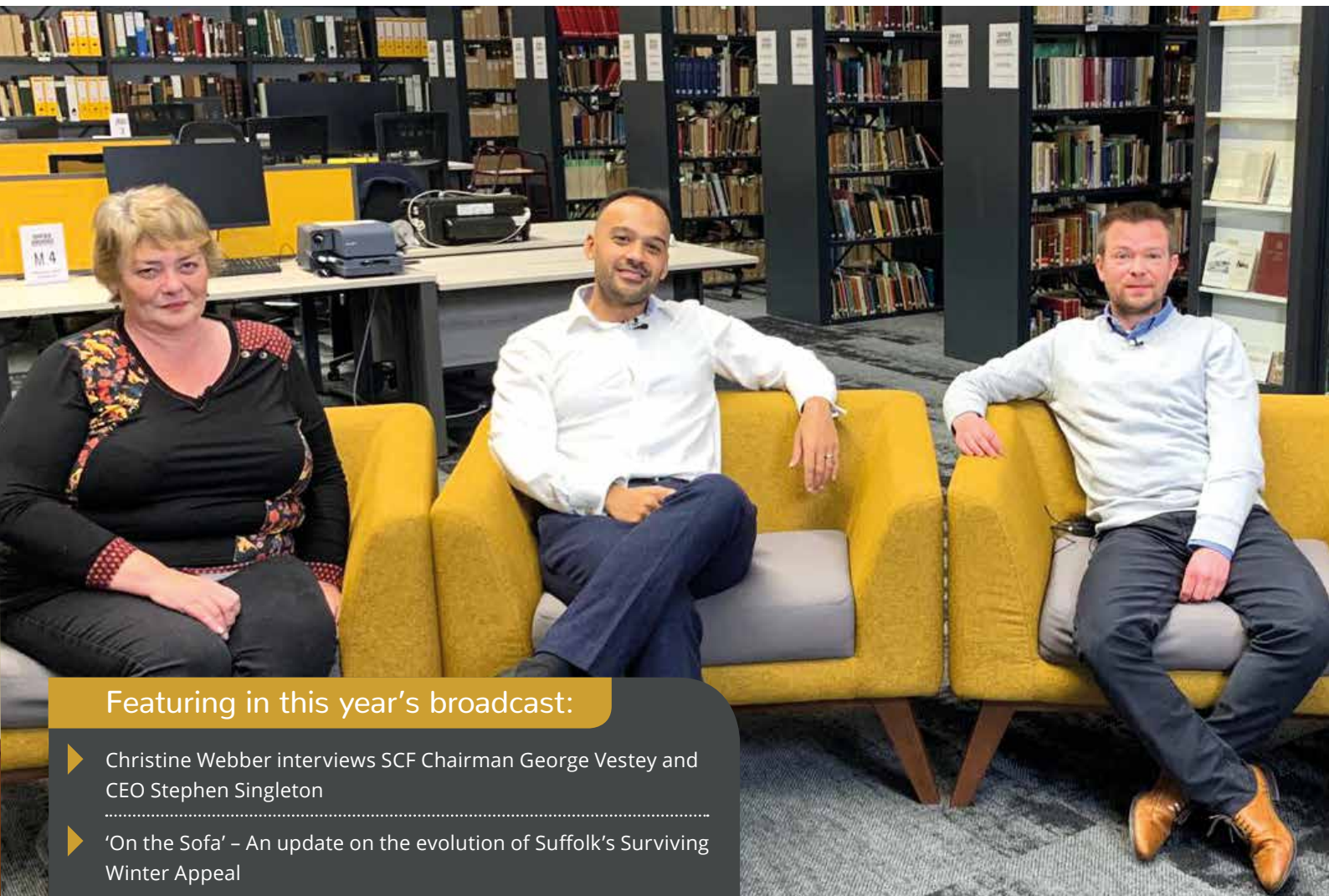
Our Annual Celebration broadcast LIVE from The Hold

Many hundreds of people have viewed our last Annual Review online since we put it out across the web in November 2021. Out of the challenges presented by Covid-19 came an exciting new way to reach many more people across Suffolk. This year, we had planned to incorporate this into a hybrid alternative that was to include a live event hosted by our friends at The Theatre Royal in Bury St Edmunds. Sadly, this was not to be, so we will have wait another year before Suffolk Community Foundation welcomes everyone to gather in person, but what a wonderful moment that will be for us all! In the meantime...

Recently, we visited The Hold in Ipswich, a really special new building entrusted with many of Suffolk's treasures from The Royal Charter of King Henry I, to a Black Lives Matter exhibition. We decided to entrust them with a treasure of our own; The Suffolk Community Foundation Annual Review 2021. Broadcast live on November 29th, as always it provided a chance for people to catch up and hear about the great work that Suffolk is achieving in partnership with the Foundation as we focus on 'rebuilding local lives' in our county.

And so, we created a partnership with The Hold and will now have the opportunity to give you a whistle stop tour around Suffolk's brand-new records office whilst we share some highlights from the past twelve months and some inspiring projects that are just springing to life.





Featuring in this year's broadcast:

- ▶ Christine Webber interviews SCF Chairman George Vestey and CEO Stephen Singleton

- ▶ 'On the Sofa' – An update on the evolution of Suffolk's Surviving Winter Appeal

- ▶ Tim Holder interviews Professional Advisors Louise Long, Partner and Head of Private Client Advisory at Birketts LLP, Colin Low, Managing Director and Chartered Financial Planner at Kingsfleet Wealth and Henry Tapp, Private Client Relationship Manager at Suffolk Community Foundation

- ▶ A film about 'Equity in Mind' - a partnership programme we have developed with NHS Ipswich and East Suffolk Clinical Commissioning Group and the voluntary sector that finds new ways to address mental health

- ▶ The launch of 'Growing Minds' - a programme supporting families from perinatal to starting school

- ▶ Plus updates on other news from around the county

Please sit down with a cup of something warm and prepare to be inspired!

TO WATCH a recording of this broadcast please click here



STATEMENTS OF FINANCIAL ACTIVITIES

for the year ended 30 June 2021

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total 2021 £	Total 2020 £
Income and endowments from:					
Donations and legacies					
Donations and legacies	158,739	4,664,539	1,249,777	6,073,055	5,134,918
Grants	-	112,800	-	112,800	505,800
Other trading activities	-	6,000	-	6,000	70,795
Investments	54,445	423,779	-	478,224	502,818
Total income	213,184	5,207,118	1,249,777	6,670,079	6,214,331
Expenditure on:					
Raising funds	167,317	19,568	31,499	218,384	265,448
Charitable activities					
Grants awarded	49,860	4,312,147	-	4,362,007	4,926,324
Other charitable activities	499,637	18,339	-	517,976	507,264
Total expenditure	716,814	4,350,054	31,499	5,098,367	5,699,036
Net gains / (losses) on investments	611	4,931	2,165,295	2,170,837	(249,598)
Net income / (expenditure)	(503,019)	861,995	3,383,573	3,742,549	265,697
Transfers between funds	482,039	(230,205)	(251,834)	-	-
Net movement in funds	(20,980)	631,790	3,131,739	3,742,549	265,697
Fund balances at 1 July 2020	512,942	1,775,245	15,964,778	18,252,965	17,987,268
Fund balances at 30 June 2021	491,962	2,407,035	19,096,517	21,995,514	18,252,965

The financial statements were approved by the Board on 27 September 2021

Mr G Vestey Mrs S Gull
Trustee Trustee

Company Registration No. 05369725 Registered Charity No. 1109453

Statement by the trustees

These summarised financial statements are a summary of information extracted from the audited annual accounts on which the auditors' opinion was unqualified. The full report and accounts were approved by the Trustees on 27 September 2021 and have been submitted to the Charity Commission and the Registrar of Companies. These summarised financial statements may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full accounts, the auditors' report on those accounts and the Trustees' Annual Report should be consulted. Copies of these may be obtained from Suffolk Community Foundation's registered office.

Statement by the Auditors

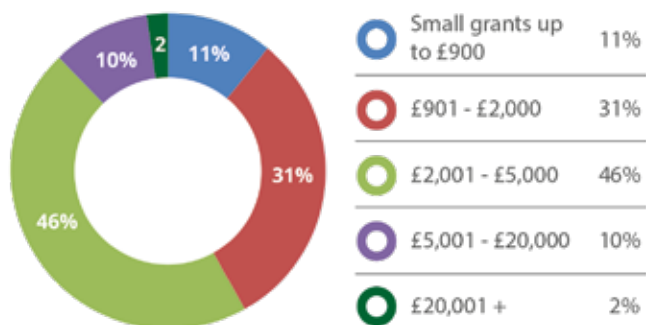
In our opinion the Summarised Financial Statements are consistent with the full annual accounts.
Ensors Accountants LLP

BALANCE SHEET

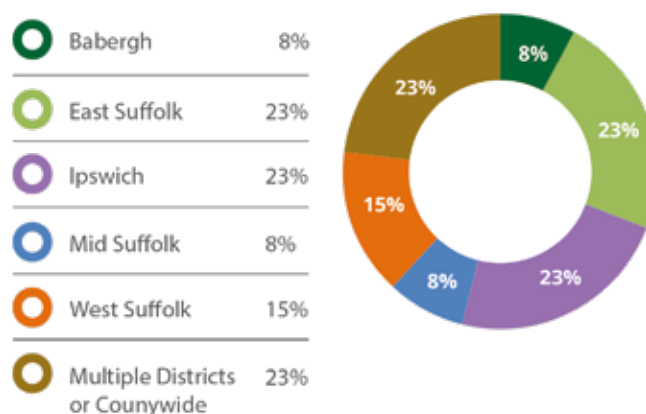
as at 30 June 2021

	2021 £	£	2020 £	£
Fixed assets				
Tangible assets		15,479		18,692
Investments		19,401,448		16,115,806
Total fixed assets		19,416,927		16,134,498
Current assets				
Debtors	415,572		463,909	
Cash at bank and in hand	3,192,419		3,211,036	
Total current assets	3,607,991		3,674,945	
Liabilities				
Creditors amounts falling due within one year	(942,154)		(1,390,178)	
Net current assets		2,665,837		2,284,767
Total assets less current liabilities		22,082,764		18,419,265
Creditors: amounts falling due after more than one year		(87,250)		(166,300)
Net assets		21,995,514		18,252,965
The funds of the charity:				
Capital funds				
Endowment funds		19,096,517		15,964,778
Income funds				
Restricted funds		2,407,035		1,775,245
Unrestricted funds		491,962		512,942
Total charity funds		21,995,514		18,252,965

% Grants awarded by size 2020/21



% Grants awarded by district



HIGH SHERIFF'S SPONSORED WALK

HIGH SHERIFF'S SPONSORED WALK RAISES MORE THAN £16,000 FOR LOCAL CHARITIES

On the 11th September, the High Sheriff's Sponsored Walk took place, with funds raised going to Suffolk Community Foundation to distribute to local charities and community groups.



The group of walkers – which varied from those with thousands of miles under their boots to relative novices – set off at 9am from St Edmundsbury Cathedral. They included a bishop, a dean, a rector, a senior judge, a court usher, land agents, deputy lieutenants, Local Enterprise representatives, farmers, charity directors, bloodstock agents, financiers, several ex-military members, a lawyer, senior representation from the NHS, an under sheriff and the walk mascot Labrador Stanley (and his tennis ball, which also completed the walk!).

The decision to have two back up cars (driven by Cindy de la Rue and Suffolk Community

Foundation's Tim Holder) meant that the walkers were supplied throughout the day with all kinds of nibbles and pick me ups, as well as having their picnics and other kit carried for them.

They stopped at Brockley Village Hall in good spirits for lunch and then moved on to the challenge of the afternoon, experiencing rolling Suffolk hills, enormous views and blue skies – along with an unscheduled trip through woods full of young pheasants!

After 8 hours of walking, the group made their descent into Clare, where they were greeted with tea and delicious cakes kindly supplied by the Reverend Mark and the ladies of Clare Church.



It was then back to Bury, courtesy of Go Start Community Transport, a transport charity based in Sudbury that does an outstanding job looking after the rural community's travel needs.

10 hours and 20 miles later, the band of walkers returned to their cars in high spirits. Thanks to your generosity, the walk has raised over £16,000.

There is still time to donate to the fund and raise money for Suffolk charities and community groups.

[CLICK HERE TO DONATE](#)



DONORS & SPONSORS

It is sadly impossible to acknowledge you all individually, but your support to the Foundation over the past year has been deeply appreciated. Our sincere thanks to those of you who donated your Winter Fuel payments to our Surviving Winter Appeal 2020/21, as well as those of you who have provided support in many ways, large or small to help us to change local lives. The following supporters have made a significant contribution over the past year.

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How an endowment fund works



An establishing gift is made and forms the fund



The fund is protected, invested and grows



A portion of the fund's value is distributed annually forever

SUFFOLK'S STORIES EDUCATION, LEARNING & LIFE SKILLS

Equality of access to education is vital to an individual's life chances and ensuring that they fulfil their potential. The Suffolk voluntary sector offers a range of complimentary education based services that enhance personal development, learning and skills to increase aspirations.

Over the past year, Suffolk Community Foundation has awarded **62 grants** worth **£271,954** supporting programmes offering education, learning and life skills.

They work with adults, young people and their parents, including those with disability and mental health issues, ex-offenders and many from diverse communities who do not have English as their first language. Intergenerational learning and broadening access to a wider cross section of communities encourage people to break down barriers that have traditionally held people back. During the pandemic we

have and continue to recognise and support the development of those, who without extra help, are likely to fall behind their peers. Our grantmaking has focused on supporting the adaptation and upscaling of existing educational services. We also seek to encourage creative thinking and new projects that ensure a continued cycle of connection and learning between organisations and the vulnerable people they support.

Reframe Coaching



The mission of this organisation is to provide support and empower individuals in recovery from gambling disorders. Their 'Life After Gambling' coaching programme works with its attendees on a one-to-one basis helping to raise understanding of where they currently are in their lives in areas such as health, finance, careers, relationships and personal growth, helping them to become present and find clarity for a brighter future. The grant received will help to support 15 men to attend the full course of six sessions.



READ MORE



Kinetic Science Foundation



This new Science and Children's Space Academy, based in Claydon, has recently been built and is now home for this educational charity. The people of Suffolk can come here to learn about science with the aim and vision of the project to provide educational and hands-on equipment, whilst also providing a space for practical activities and experiments that enhance learning with the aim to inspire future scientists. Recent funding has helped to support the development of a new 'Gravity' themed exhibition room.



READ MORE



Let's Talk Reading



Since 2016, Let's Talk Reading has been working in the disadvantaged areas of Ipswich to eradicate low literacy, with the aim of encouraging and helping everyone from birth to adulthood to read well, to feel confident about reading and to really enjoy it. Working with parents and starting at birth, funding for this organisation will help to aim and improve the parenting skills of new parents in respect of reading and communication with their babies.



READ MORE



If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



COMMUNITY UPDATE

Stay in touch

We are so fortunate to benefit from the support of the county's traditional and online media such as the East Anglian Daily Times, BBC Radio Suffolk, Bury Free Press and a rich tapestry of local publications and websites covering all aspects and corners of Suffolk.

In conjunction with the traditional media outlets we also use social media, create monthly newsletters and work in partnership with the voluntary sector, community groups and other societies to create vital two-way communication. Working together has really helped build a deeper understanding of the need here in Suffolk and highlighted ways that people can come together and make a difference.

At the heart of this is a message that Suffolk needs more people to direct their charitable giving to support local needs, but also to remind local charities and grassroots community groups that funding and support is available from Suffolk Community Foundation and its partners to help them to continue and increase the positive impact they are making. As well as building on our network of individual Community Champions, we are increasingly talking to groups such as the Women's Institute and Suffolk Libraries, and societies such as The Aldeburgh Society and Hadleigh 41 club. We very much value their partnership in addressing need here in Suffolk, but in many cases are also supporting them to continue and strengthen their activities, membership and events programmes post pandemic.

Thank you to everyone who has already joined **#TeamSuffolk** and is helping us to establish a stronger and deeper network of communications for the benefit of Suffolk.



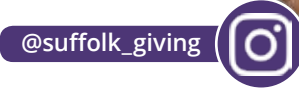
Might your organisation or group like to hear from us?

We are always looking for opportunities to build partnerships, so for further details, please contact our Communications Engagement Officer, Kate Paul kate.paul@suffolkcf.org.uk. The most important thing we do is to make sure that the people of Suffolk understand the need in our County and the work we are all doing to re-build local lives. Please help us to do more.



Let's get social!

Do you know you can find us on social media too? Be sure to connect with us on Instagram, Facebook and Twitter to stay updated with events, news and to gain a real insight into what the Foundation team gets up to, to help address the need in our county.



www.suffolkcf.org.uk

Whilst the website truly is our hub of activity, we always welcome a phone call. Where our friendly team can answer any queries you may have, just head on over to our contact page or call us on 01473 602602.



Subscribe to our monthly newsletter

Don't forget to subscribe to our newsletters too! Don't worry, we won't 'spam' your inbox with loads of emails, but instead send you a monthly update that's jam packed with everything from recent news, upcoming events, inspiring stories and possible fundraising opportunities. And if you're a charity or community group, our dedicated grants newsletter is ideal for keeping you informed with what funds are open for applications.

CLICK HERE TO SUBSCRIBE



Creating opportunities for people to come together and feel that they belong to a happy, safe, friendly and inclusive community is key to our own wellbeing and success as a society. A healthy community feels vibrant and has a mixture of activities and things going on that are suitable for all ages.

Over the past year, Suffolk Community Foundation has awarded **96 grants** worth **£379,170** supporting communities to thrive and become safer.

We all have a responsibility and need to play a part in ensuring that the streets where we live are safe to walk and that community hubs and safe spaces are available for people to meet. Friendships can then flourish amongst neighbours of different ages, races and cultures as we get to know and understand each other more fully. Building a supportive and

resilient community ensures that when issues arise, people will naturally come together to help and support each other. The coronavirus pandemic has presented a unique set of challenges that Suffolk communities are stepping up to address. It will be vital in the coming months and years to continue supporting this important work.

Catch22



Catch22's Mediation Service works with Police, Councils and Housing Associations to provide community mediation and one-to-one conflict resolution, helping to resolve neighbourhood disputes in practical, long-lasting ways. Volunteers work creatively to get the best possible results under what are often complex, entrenched and difficult circumstances whilst reducing demand on our public services. They help people deal with issues with their neighbours encouraging them to build resilience, better manage the effects of the issue or just provide a listening ear.

READ MORE



Waveney Domestic Violence and Abuse Forum



Supported by its numerous partners, this vital east Suffolk based forum provides tailored services to families impacted by domestic abuse, offering a wide variety of support services, programmes and advice for both professionals and its clients. Lockdown life has seen their referral rates increase significantly, therefore the demand on the team has been much greater. Recent funding has been put towards the added need of the core costs of running a full holistic service within a safe, confidential space.

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BSC Multicultural Services



This organisation realised that Black Minority Ethnic night economy workers such as taxi drivers, shopkeepers, restaurant and takeaway workers were regularly experiencing hate crime in Ipswich and Suffolk. Their research found that many of these vulnerable people have been victims of hate crime and/or physical violence and have not reported the crime, either because they feel they will not be listened to or that they are not aware of how to report it. In partnership with Suffolk Constabulary and the Foundation, this charity has set up a project called 'Tackling BME Hate Crime' in order to raise awareness and encourage more BME people to report such incidents.

READ MORE



If you would like to support Suffolk Community Foundation to help improve the lives of those in need across Suffolk, please click here to find out more



PATRONS, TRUSTEES & VOLUNTEERS

We would like to thank our patrons, trustees, honorary life patron, volunteers, grants panels, donors and supporters who have so generously contributed to the work of the Foundation over the past year.

Community Volunteers

With many thanks to our wonderful network of individual Community Champions, Festival Community Champions and Community Groups across the county; including the Women's Institute, Suffolk Cadets, Suffolk Libraries, The Church of England, Hadleigh41 Club, The Aldeburgh Society, for their help in spreading the word about the Foundation to every corner of the county. We are always seeking ways to maximise our reach, so if you are a member of a group that would be happy to hear from us, then please do get in touch.

Special thanks to all the people whose names appear below who have worked with us over the past year.

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THANKS TO OUR TRUSTEES

We would like to take this opportunity to thank our Chairman George Vestey DL and the Board of Trustees for their unwavering energy and support. We would also like to take the opportunity to welcome Jane Millar to the team.



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Chairman



Peter Newnham
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Jordan Holder



Louisa Pepper



Gulshan Kayembe DL



Terry Ward



Jonathan Agar



William Kendall DL



Jane Millar



Neil Walmsley



Selina Hopkins



Sue Gull





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Company Registration No. 5369725
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Design by Cresign

Featuring photography
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With special thanks to Rathbones for
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Rathbones is delighted to support Suffolk Community Foundation




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