



SUFFOLK
Community
Foundation



WOMEN & Girls Fund

SUFFOLK

Funding and supporting projects that empower women and girls in communities across Suffolk



The Women & Girls' Fund (W&GF) helps grassroots charities and community organisations deliver projects that support Suffolk women and girls in need.

Under the trusted umbrella of Suffolk Community Foundation, we award grants to female-focused projects addressing issues like domestic and sexual abuse, mental health, parenting, isolation, and many others.

Together we want to give local women and girls the chance to live better, safer, and more optimistic lives. You can help make it happen and get involved by making a regular donation.

HOW IT WORKS

At the heart of the W&GF is a circle of donors with shared values who give regularly. Half the money raised annually goes directly to local projects, while the other half goes towards building an endowment fund for future giving.

Suffolk Community Foundation helps direct grants where they are most needed and can make the most difference. It's connected to women's and girls' support groups throughout the county. So once a year the panel gets together to discuss, debate and award grants to deserving causes.

In this way, we've so far supported causes that have **helped over 7,000 Suffolk women and girls** change their lives for the better. Some of them include:

- Lighthouse Women's Aid
- Suffolk Mind
- Ormiston Families
- 29th Ipswich (All Hallows) Guide Unit
- Lowestoft & Waveney Breastfeeding Support
- Families Together Suffolk... and many more.

You can read about how we've helped these and other groups by scanning this QR code:



“

I think I would have really struggled after being treated so badly by my ex. There is nowhere else to go where there is person to person interaction with people that really understand. I was in quite a state and Lighthouse Women's Aid really made me feel valued and understood my feelings. I just wish there were more places like this to help others. It has been a lifeline for me. ”

Lighthouse Women's Aid received £1,000 towards paying a staff member to support women and children experiencing domestic abuse.

FIND OUT MORE

W: suffolkcf.org.uk

T: 01473 602 602

E: info@suffolkcf.org.uk



The Women & Girls' Fund has awarded **111 grants**, totalling

£111,452

This has had a meaningful impact on **5,375 women and girls** with a further **2,294** expected to benefit from the more recent grants awarded*

HOW YOU CAN HELP

We encourage regular donations from people who want to be a positive force for change for women and girls in our local communities. By working together, we can help fund all sorts of opportunities to enhance and even transform their lives.

There are three ways to get involved:

Patrons donate £500 or more annually. They get a say in who gets the grants, as well as invitations to events, our annual impact report and newsletter, and visits to the organisations we help.

Members donate between £12 and £499 annually. They get everything that patrons do but can't vote on where the money goes.

Friends are people interested in our work but who don't currently donate. They can sign up to receive our newsletter and impact report and to attend paid events.

“

So far, 57% of women have benefitted from the additional services we have supported them in accessing, including to foodbanks, wellbeing support, housing, iCaSH, legal services, Rape Crisis, Survivors in Transition, Access Community Trust, Child & Family Centre, Children's Services, Green Light Trust, the GP, Iceni, Letterbox contact and LWA.

Additionally, 1 in 4 of all women supported are now in work, education, or volunteering roles. ”

ORMISTON FAMILIES

Ormiston Families received £1,000 towards their Mpower service which helps vulnerable and disadvantaged women.

DONATION AND MEMBERSHIP FORM

Please return to Suffolk Community Foundation, The Old Barns, Peninsula Business Centre, Wherstead, IP9 2BB

Choose below how you'd like to support the Women & Girls' Fund and in turn, support the wellbeing and development of women and girls in our communities right across the county.

- I would like to be a Patron** of the Women & Girls' Fund for Suffolk and will make a yearly donation of £500 or more for at least three years. This can be paid in a single lump sum or by monthly standing order.
- I would like to be a Member** of the Women & Girls' Fund for Suffolk and will make my regular donation by monthly standing order.
- I would like to be a Friend** of the Women & Girls' Fund for Suffolk and receive information about their work.

Name _____

Address _____

Email _____

Telephone _____

- Please keep me updated on your work via the details supplied above. *We will never share your contact information. You can view our privacy policy on our website.*

I WOULD LIKE TO DONATE:

An annual sum of _____ **OR** the monthly sum of _____

Signed _____ Date _____

Once you've registered your interest in donating to the W&GF, we'll send a standing order mandate to complete for your bank.

- Gift Aid*

Please tick here for Gift Aid and boost my donation by 25p for every £1 donated.

'If I have ticked the box headed 'Gift Aid', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want Suffolk Community Foundation to reclaim tax on the donation given. I understand that if I pay less Income Tax / or Capital Gains tax in the current year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference.

Alternatively, to give a one-off donation to the Fund, please visit:



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