

# **Illuminate - Confidence for Change**



Illuminate is a registered charity providing subsidised coaching and personal development to individuals and groups.

*"Thank you for being so understanding, you have given me some great skills to take away and use. It has been an amazing experience."* (Lou Blencowe 2014)

"Illuminate helps people to help themselves"

Since 2009 they have received ten grants from CCF and have just been offered the first grant from CCF's new [Restart](#) fund.



In 2009/2010, two grants were awarded from **Grassroots Small Grants Cambridgeshire**:

1. to provide training for disadvantaged women
2. to fund two group events, showcasing the success stories of a few individuals in a short film

A further grant was awarded in 2010/2011, to cover the costs of taking a stall at a Christmas Wellbeing event in November 2010 to raise the profile of Illuminate.

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The [Microsoft Research Limited Fund](#) have supported Illuminate through two grants:

1. In 2010, a grant of £600 was awarded to fund eight 1-2-1 coaching sessions for disadvantaged women.
2. In 2011, a grant of £865 was awarded to provide four individuals with two personal development and life coaching sessions to bring about a fundamental kick start for change.

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Cambridgeshire County Council awarded a grant of £1,00 to provide lifecoaching and personal development sessions for women who had had significant knock backs in life.

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In 2012, two grants were awarded from the Cambridge City South Cambs Reward Grant Fund:

1. to offer life coaching to increase confidence and self esteem for 10 individuals
2. for four group sessions to take people through a structured programme of self development

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In March 2014, Illuminate were awarded a grant from the [Ridgeons Community Fund](#) towards provision of 1-2-1 sessions to provide confidence and personal development skills to help people become work ready.

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Illuminate are the first group to have been offered a grant from CCF's new [Restart Fund](#) - the target of the programme is to raise £50,000 of funding over the next 12 months towards projects in Cambridgeshire and Peterborough working to improve mental health. Illuminate's grant will contribute towards a 5 day personal development programme for 10 unemployed people with mental health issues.

Illuminate's grant has been offered from funding from [Ridgeons Community Fund](#), [Cheffins Grassroots Endowed Fund](#) and [Microsoft Research Limited Fund](#) under the [Restart Fund](#) programme.

restart fund

