



Cambridgeshire  
Community  
Foundation



**RIDGEON**  
Group Ltd

Issue 10: Summer 2014

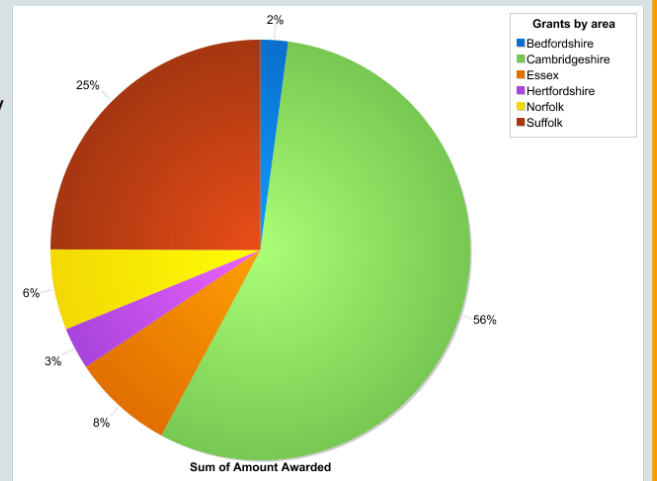
# RIDGEONS COMMUNITY FUND NEWSLETTER

## About the fund...

The **Ridgeons Community Fund** was established in 2011 and is managed by Cambridgeshire Community Foundation. It offers grants of between £250 and £750 to support small, local voluntary and community groups and organisations which undertake charitable work. Since 2011, the Fund has awarded grants totalling just over £34,000.

The focus for the Fund is on projects aimed at: **improving health** and working with **children, young people and families**.

Groups are eligible to apply if they are based within a 10 mile radius of the Ridgeons' branches in Cambridgeshire, Peterborough, Norfolk, Suffolk, Essex, Bedfordshire, and Hertfordshire.



## June Panel 2014

The panel met in June for the second panel meeting of 2014. It considered applications from 12 in Cambridgeshire, Bedfordshire, Norfolk, Hertfordshire and Suffolk with 6 grants being offered and one 'in kind' donation. Details of these are given below, together with information about how some previous grants from the fund have been used.

The next panel will be held in September.

Would you like to get more involved in your community?

Have a look below to see how:

- Encourage a local community group to **apply for a grant**— [www.cambscf.org.uk/ridgeons-community-fund](http://www.cambscf.org.uk/ridgeons-community-fund)
- **Fundraise** for the Ridgeons Community Fund
- **Volunteer** for, or visit, one of the projects supported.

Please contact [emily@cambscf.org.uk](mailto:emily@cambscf.org.uk) if you are interested.

**How to get involved**

## NEW GRANTS

### BEDFORDSHIRE

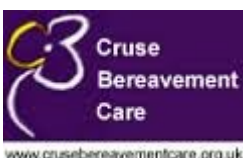
**CRUSE BEREAVEMENT CARE BEDFORDSHIRE** were offered a grant of **£350** to cover rent for weekly drop-in sessions for 27 weeks.

*Cruse Bedfordshire exists to promote the well-being of bereaved people and to enable anyone suffering a bereavement to understand their grief and cope with their loss. They do this by providing high quality bereavement support, information and advice.*

**BEDFORD AND DISTRICT CEREBRAL PALSY SOCIETY** were offered a grant of **£375** towards a week of themed activities for disabled young people.

*BDCPS provides extraordinary activities for over 70 amazing disabled children and young people under 25 in Bedfordshire by providing educational and social opportunities that this disadvantaged group are often excluded from.*

### HERTFORDSHIRE



**CRUSE BEREAVEMENT CARE HERTFORDSHIRE** were offered a grant of **£350** towards the salary of the new Children and Young People's Bereavement Co-ordinator.

*Each year they are in contact with over 100 children and young people in Hertfordshire who have suffered a bereavement.*

# CAMBRIDGESHIRE

**CAMBRIDGESHIRE COUNTY COUNCIL: SOUTH CITY LOCALITY YOUTH TEAM** were offered a grant of £750 towards a 10 week programme for young people to engage them in positive activities and lifestyles and to pay for registration for the young people to enter Race for Life. *Young girls will benefit from positive engagement in sports and activities, and will be encouraged towards having a positive body image and reduced anxiety.*

**REALIFE TRUST** were offered an in-kind donation of two tarpaulins towards the replacement of Greenstages. *The Greenstage project provides free or very cheap stages, structures and shelters that allow community groups, schools, voluntary agencies and others to hold outdoor events with weather protection.*

**SEXYOQUALITY** received a grant in March 2014 towards healthy living workshops for young lesbian, gay, bisexual and transgender (LGB&T) people.

**CASE STUDY**—T is a young person who started attending the Cambridge Group in February and who lives in supported mental health housing. She suffers from anxiety disorder to such an extent that she needed to be met by a staff member before coming to Group. She has taken part in workshops looking at healthy living and T has acquired the confidence to learn about the connection between eating healthy food regularly and her mental health. She has learnt to experiment with different fruits and has experienced the impact that bananas can have as a natural 'Prozac'.



**CAMBRIDGE STREET PASTORS** received a grant in May 2013 towards running costs of the Safe Refuge, located in the side chapel of St Columba's Church in Downing Street. NightLite (formerly Safe Refuge) opened on 49 nights between 25th May 2013 and 26th April 2014 (and continues to open each Saturday night between 10pm and 4am). NightLite has provided assistance to over 1,000 people with various needs including waiting for friends, finding a listening ear when in distress and providing off-street space for emergency services to treat/interview people when appropriate.

## SUFFOLK

**SUFFOLK ARTLINK** were offered a grant of £300 towards 2 Clown Round visits. *Clown Doctors meet children receiving varying degrees of medical intervention, Clown Round engages children in clowning, storytelling, improvised play, music/song, balloon making, bubbles, puppetry, magic, circus skills and joke telling.*

**D.I.A.L.—DISABILITY INFORMATION & ADVICE LINE** received a grant in May 2013 towards paying for helpline costs. The grant has enabled D.I.A.L. - Lowestoft and Waveney to keep its Helpline running for 25 hours each week, which in turn has enabled us to help over 4,000 people with their problems regarding lives with a disability or long-term illness.



*"62 calls just from this one family. Joe, aged 56, had a severe stroke affecting his walking, his speech and the whole of one side. Because of the speech problem and his wife being severely hearing impaired, he gave permission for his mother-in-law to speak for him. On the advice of someone at the hospital he had applied for Disability Living Allowance, but had been turned down, and phoned us. One of our advisors arranged to see him. It appeared that he had been turned down because he had applied too soon, as with strokes, they often want to see if people improve. We helped him get his allowance, a Blue badge and a Council Tax reduction."*

## NORFOLK

**NORFOLK SEN NETWORK** were offered a grant of £420 to update membership leaflets, helpline cards and banners.

*Norfolk SEN Network assists parents of children with special educational needs to find the education which is right for their child.*

*"We assist them through some of the most difficult times of their child's lives; through the assessment of their needs; tribunals when placement or provision cannot be agreed; if their child is subject to an exclusion or if they wish to make a complaint.*

*We work with schools, teachers and governors on matters relating to special educational needs.*

*We work with other voluntary organisations to highlight difficulties.*

*We offer training to parents and professionals on matters relating to children with special educational needs. "*

<http://www.norfolksennetwork.org/>

The **Cambridgeshire Community Foundation**, an independent charity (1103314), makes grants to local grass root community groups. Individuals, families, business, public sector organisations, and other charitable trusts make this possible by setting up Funds with us. Our purpose is to provide a grant making and fund management service to our donors, while supporting projects that make a real difference to the quality of life for local people. For more information on CCF, please visit [www.cambscf.org.uk](http://www.cambscf.org.uk).

*This Fund newsletter has been produced by the Foundation. The content is written by employees of the Foundation. Whilst every attempt is made to ensure the information is correct, this cannot be guaranteed.*

*Please contact the Cambridgeshire Community Foundation if you have any comments about the content - [info@cambscf.org.uk](mailto:info@cambscf.org.uk)*