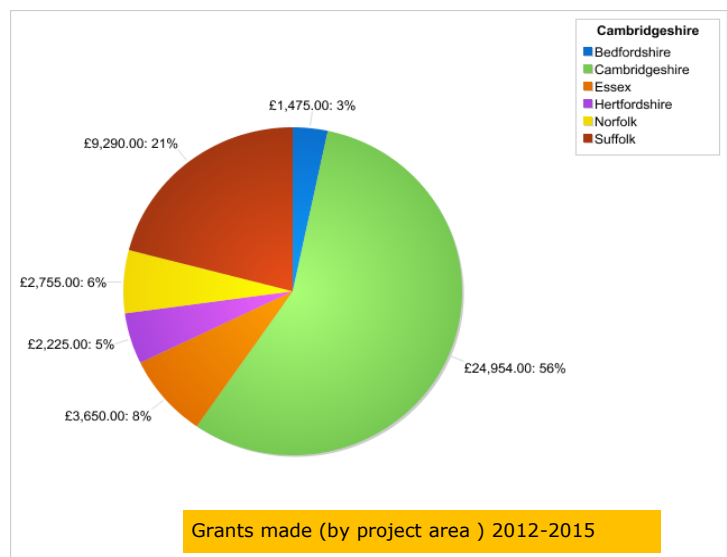


Ridgeons Community Fund

fund update:

- Over **£44,000** to projects based within a 10 mile radius of Ridgeons' branches
- Projects supporting:
 - * **Improving Health**
 - * **Children, young people and families**



Grants Awarded since May 2015:

- **Suffolk Artlink**– received **£300** towards one 'Clown Round' at Colchester General Hospital.
- **Cambridgeshire Hard of Hearing Club**– were given **£200** to fund the hire of a room at "The Meadows Community Centre" for monthly meetings.
- **DIAL Peterborough**- **£520** was awarded to fund a football coach for a Mental Wellbeing football group for 6 months.
- **Involve Active**– in Waveney, Norfolk, received **£225** to cover travel expenses for drop-in sessions for parents/carers of young people attending their services.
- **Jimmy's Night Shelter**– in the city of Cambridge, were awarded **£500** to run school workshops as part of an art project on the subjects of Jimmy's, homelessness & identity and also contributing to Jimmy's 20th birthday celebrations within the community.
- **Uttlesford Buffy Bus Association**– covering an area around Saffron Waldon in Essex, received **£500** as a contribution towards the playleader/driver's salary.
- **St. Luke's VA CofE Primary School**– in Arbury, Cambridge were given **£623** to install some playground equipment that is low level and therefore accessible to children with special needs.

case study

£750 grant awarded to Ipswich Hospice:

to cover venue hire for a Fatigue and Breathlessness course in Thorley.

The team from the Ipswich Hospice are trying to help people living with a terminal or life-limiting illness. As their disease progresses or as they suffer the effects of their treatment many patients find they experience pain, breathlessness and fatigue. They lose mobility, become unable to carry out simple tasks, suffer anxiety, have panic attacks and fear going out, thus losing their independence. Many of these symptoms can be dealt with through exercises and techniques taught by the team. By learning to deal with their symptoms they can vastly improve the quality of life they have left.

One of the most successful ways to teach these techniques is through Fatigue and Breathlessness (FAB) courses. In 5 sessions, patients are given strategies that help them cope better and 'get their lives back'. Working in groups has the added benefit of bringing people together, helping to alleviate feelings of isolation and providing peer support. Up to ten patients and carers attend each course.

One of our patients is a former builder who had tuberculosis which developed into Chronic Obstructive Pulmonary Disease. His breathlessness had become so bad that he was reliant on oxygen and was afraid to leave his house.

He attended a FAB course and now goes out on his mobility scooter. He learned relaxation techniques to control his breathing and got information on diet and exercise that has improved his mobility. He says -

"It changed my life".

Another patient, who was diagnosed with lung cancer, found the course very helpful. His breathlessness improved and he now feels he is able to control it. He continues to use the techniques he learned, and finds those that help him to relax particularly helpful. Working in a group has the added benefit of helping people who feel isolated to realise they are not alone. His daughter, who has asthma, attended the session on breathing with him. She found it very helpful in dealing with her own problems of breathlessness.



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. For more information on CCF, please visit www.cambscf.org.uk.

This Fund newsletter has been written and produced 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

www.cambscf.org.uk/ridgeons-community-fund.html