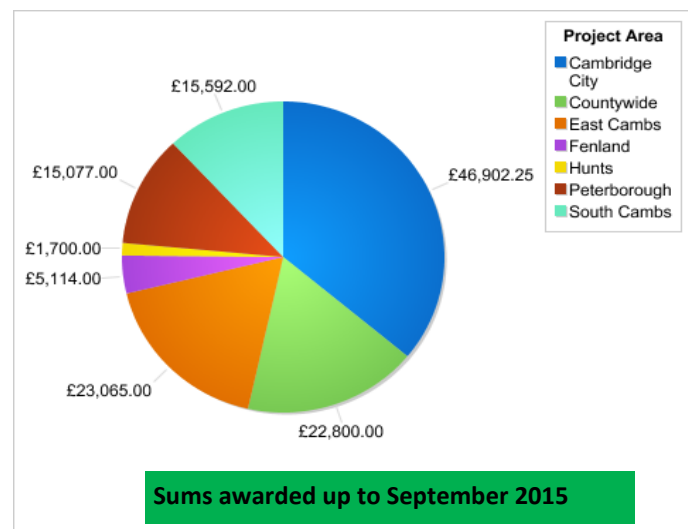


Microsoft Research Limited Fund

fund update:

- Over **£130,000** to local projects across Cambridgeshire
- Projects that:
 - Enrich lives of disadvantaged local people through provision of cultural/educational events or experiences
 - or
 - Improve the local green environment through small scale projects
 - or
 - Provide support or training to improve the employability of people facing disadvantage

Geographical spread of grants made to date.



Grants since May2015:

- **Eddies (former Cambridgeshire Mencap)** were awarded **£1384** to cover running costs of Group Activity Sessions in the rurally deprived area of Fenland, supporting adults with learning disabilities.
- **Stretham Youth Club** received **£1000** to run a 6 week Healthy Eating Project for 11-18year olds who are at risk of antisocial behaviour and/or crime.
- **Red2Green** were given **£400** to provide therapy to university students who are living with Asperger's Syndrome using a dog to assist with the sessions.
- **ActingNowCIC** were awarded **£1920** towards running social theatre workshops in Cambridge for adults with mental health issues and learning difficulties.
- **Jimmy's Night Shelter** received **£1000** towards a 6 month art project on the subjects of Jimmy's, homelessness and identity in the community.
- **CAMTRUST** were awarded **£1700** to fund Recycle to cycle- a new project for disabled students to refurbish and sell unwanted bicycles donated to the charity.
- **Ormiston Children & Families** used **£1000** to fund travel costs for a project to help children in Cambridgeshire to manage the effects of a parent going to prison.
- **Cambridge & Ely Child Contact Centres** were awarded **£1500** for running costs during Aug/Sept to support families and help prevent children losing contact with a parent they no longer live with.
- **RESTART-Illuminate Charity** received **£1000** to contribute towards a 5 day development programme "Confidence for Change" for 10 unemployed people with mental health issues.

case study

£1,000 grant awarded to 'Lifecraft'

Towards work placements and a work readiness course for people with a wide range of mental health problems and emotional needs.

Eleven Lifecraft members gained workplace skills through placements within the charity and one moved into employment. They were able to improve their knowledge of computers and software, as well as take responsible roles within the centre.

Case study: We had a 38 year old British Woman on the project who faced problems with mental and physical health. She left the project to move across the country, which we all felt was beneficial to her health and a step that she would not have been able to make at the beginning of the project. This is what she had to say about Lifecraft and the Project impacts on her.

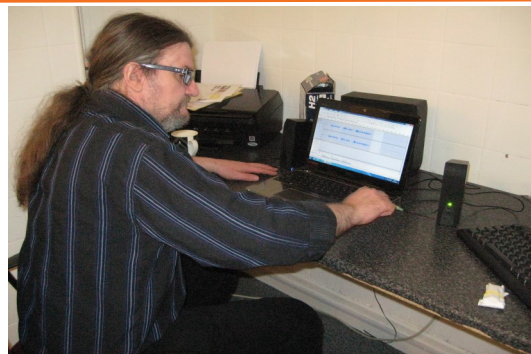
"About 2 years ago, while feeling very low and looking for local support online, I found Lifecraft's website. I applied to join and it was then that I learnt about the Branching out Project. It was after I had been coming for a while that I applied for a post in the Communications Team. The main thing I gained from Lifecraft's Branching out Project is a better life balance! With ME/CFS, something all health practitioners agree on is that pacing and finding your baseline of activity without making symptoms worse is vital to have a chance of recovering from the illness. Working 3 hours a week every Monday at Lifecraft gave me a routine for the first time in years and allowed me to slowly find my baseline. Working at Lifecraft helped me accept myself as I am and helped me slowly come around to the idea that the symptoms of Depression, Anxiety and ME/CFS are not me, they are not my personality, they do not mean I am a failed human being but simply someone who is suffering from an illness and is doing my best to overcome the restrictions this places on me. My 6 months working with Lifecraft gave me hope and experience in an area that I'm gaining confidence in and that I could potentially be really good at, possibly even excel at, given more time, opportunity and experience. I'd like to thank Lifecraft and all who made it possible for the opportunities you've given in these past 6 months. Now, I am finally finding my feet and starting to feel more confident in my abilities."



Art classes

&

Computer skills



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/microsoft-fund.html